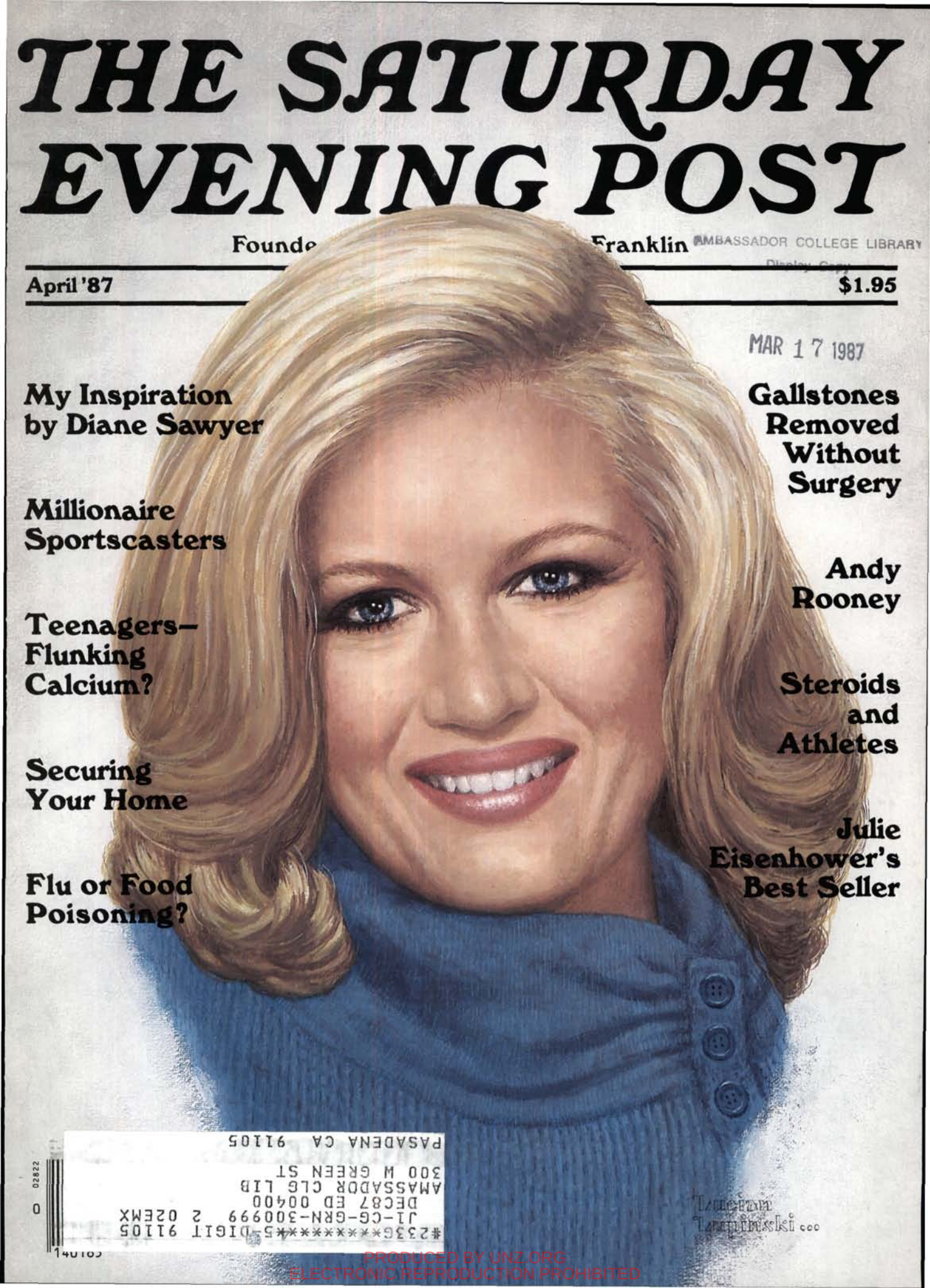
THE SATURDAY EVENING POST

Founde Franklin

AMBASSADOR COLLEGE LIBRARY
Display Copy

April '87 $1.95

MAR 17 1987



My Inspiration by Diane Sawyer

Millionaire Sportscasters

Teenagers–Flunking Calcium?

Securing Your Home

Flu or Food Poisoning?

Gallstones Removed Without Surgery

Andy Rooney

Steroids and Athletes

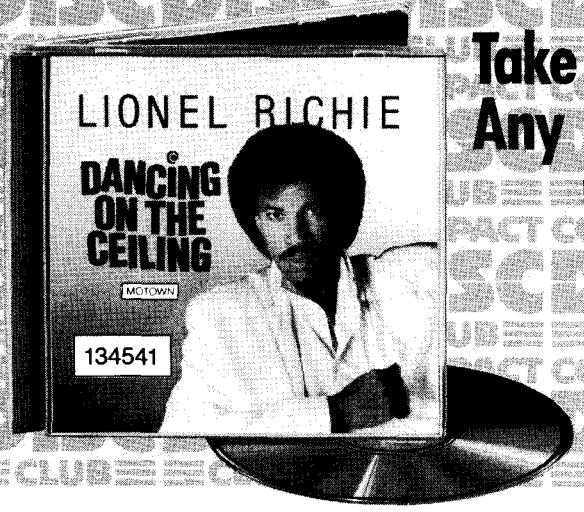
Julie Eisenhower's Best Seller

PASADENA CA 91105
300 W GREEN ST
AMASSADOR CLG LIB
DEC87 ED 00400
J1-CG-GRN-300999 2 02EMX
#233G*********5-DIGIT 91105
0 02822
140163
PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Doll shown smaller than actual size of 12¾" in height.

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Spectacular Introductory Offer...



Take Any 3 COMPACT DISCS For Only $1.00

plus shipping & handling with Club membership.

INSTANT 50%-OFF BONUS PLAN

Unlike other clubs, you're eligible for half-price bonus savings with the very first purchase you make at regular Club prices. The more you buy, the more you'll save! What an inexpensive and fast way to build a large CD library!

115146

143811

115437

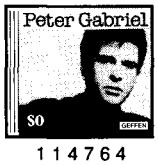
113333

153740

115527

154203

105392



114764

115193

120247

115039

154201

154381

112014

125074

114734

253955

154265

170220

115306

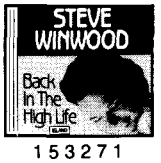
154570

153939

154382

163918

151758



153271

115356

115310

173824

173392

164042

FREE 10-DAY TRIAL! Listen to your 3 introductory selections for a full 10 days. If not satisfied, return them with no further obligation. You send no money now; you risk nothing. So complete the coupon and mail it today.

COMPACT DISC CLUB

— YOUR SAVINGS START HERE —

Mail to: Compact Disc Club
P.O. Box 91412 • Indianapolis, IN 46291

YES, please accept my membership in the Compact Disc Club and send me the three CDs I've indicated below for only $1, under the terms outlined in this ad. I need buy as few as two more CDs at regular Club prices during the next two years...*without obligation to buy anything further!* (Shipping & handling added to each shipment.)

RUSH ME THESE 3 SELECTIONS (Indicate By Number):

D | D | D

I am most interested in the following type of music—but am always free to choose from both categories (check one only)
1 ☐ CLASSICAL
2 ☐ POP/SOFT ROCK

☐ MR.
☐ MRS.
☐ MISS First Name Initial Last Name (PLEASE PRINT)

Address

City State Zip

Telephone ( ) Area Code

Limited to new members; continental U.S.A. only; one membership per family. We reserve the right to request additional information or reject any application. Local taxes, if any, will be added.

WDT34 BJ

THE ULTIMATE IN SOUND AND SAVINGS!

Yes, take any 3 CDs for only $1 plus shipping/handling. You need buy just two more selections at regular Club prices (usually $14.98–$15.98) in the next two years.

HOW THE CLUB WORKS

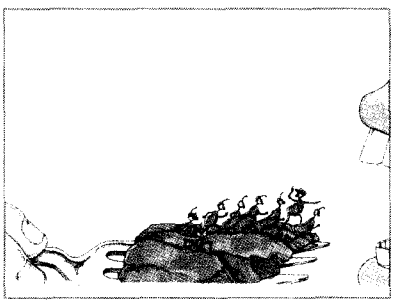
Approximately every four weeks, you'll receive the Club's exclusive CD magazine highlighting the Featured Selection in your preferred musical category, plus alternate selections. You'll also receive six special sale issues during the year. In all, you'll have 19 convenient shop-at-home opportunities a year. If you'd like the Featured Selection, do nothing. It will be sent to you automatically. If you'd prefer an alternate selection, or none at all, just return the card enclosed with each issue of your magazine by the date specified on the card. You will have at least 10 days to decide, or you may return your Featured Selection at our expense. Cancel your membership at any time after completing your membership agreement, simply by writing to us, or remain a member and continue to get 50%-off bonus plan savings!

CD 649

CD Club, 6550 E. 30th St. Indianapolis, IN 46219-1194

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Diane Sawyer—from America's Junior Miss to "60 Minutes" co-editor and a life-saving interview in Africa. **50**



What Made Us Sick—4 million times last year was not the flu bug, but salmonella food poisoning. **62**

TV's Top Sportscasters—have one thing in common: they all make a million dollars plus a year. **64**

Andy Rooney Believes—a sadder sight he'll never see/Than a fallen maple tree. **66**

THE SATURDAY EVENING POST

Founded A.D. 1728

Published by THE SATURDAY EVENING POST SOCIETY
a division of THE BENJAMIN FRANKLIN LITERARY & MEDICAL SOCIETY

TABLE OF CONTENTS, APRIL 1987 Vol. 259, No. 3

FICTION

The Mission (Conclusion) ..... *Hugh B. Cave* 32
Grandpa Hopewell and His Flying Tractor ..... *Wilbur Schramm* 42

FEATURES

Who Said a Rose Is a Rose!? ..... *Maynard Good Stoddard* 46
Flour Power: Mixing Pleasure with Business ..... *Holly G. Miller* 48
My Inspiration ..... *Diane Sawyer* 50
Out of Africa with Diane Sawyer ..... *Maynard Good Stoddard* 52
Catherine Marshall Remembered ..... *Dick Schneider* 55
Athletes and Steroids: The Bad Bargain ..... *Virginia S. Cowart* 56
"I Think Your Mommy's Had a Stroke" ..... *Julie Nixon Eisenhower* 60
Maybe It Was Something You Ate ..... *Penny Ward Moser* 62
To Kill a Maple Tree ..... *Andy Rooney* 66
Teen-Agers and the Calcium Crisis ..... *Peggy Mann* 68
Shortcuts to a Healthy Lawn ..... *Dr. Ellen Henke* 96

DEPARTMENTS

Letters 4
Post People 14
Microwave: Sprightly Spring Salads ..... *Jacquelyn Nyenhuis* 17
Food: The Uncommon Artichoke ..... *Habeeb Salloum* 20
Dental: Tooth or Consequences:
What to Do in a Dental Emergency ..... *David O. Born* 26
Vets on Pets: Do You Know Your Dogs? ..... *H. Ellen Whiteley, D.V.M.* 28
Home Improvements: Home, Secure Home ..... *Jack Hayes* 30
Post Scripts 38
Cartoons: It's a Wild Life 40
Growing Pains 80
Sports: Talking Is Their Game ..... *Walter Roessing* 64
Travel: Try the Bermuda Angle ..... *M. Timothy O'Keefe* 82
Washington After the Cherry
Blossoms Fall ..... *Carolyn Hughes Crowley* 84
Medical Mailbox: Gallstone Lithotripsy ..... *Cory SerVaas, M.D.* 98
Money Talk: Coping with the New Tax Law ..... *Kenneth J. Artis* 112

(Cover painting by Lucian Lupinski)

The Saturday Evening Post (ISSN: 0048-9239), incorporating *Country Gentleman*, is published monthly in 1987, except bimonthly in Jan./Feb., May/June and July/Aug. by the Benjamin Franklin Literary & Medical Society, Inc., at 1100 Waterway Boulevard, P.O. Box 567, Indianapolis, IN 46202. Second-class postage paid at Indianapolis, IN 46206, and at additional mailing offices.

Copyright © 1987 by the Benjamin Franklin Literary & Medical Society, Inc. All rights reserved. Title registered U.S.Patent Office

Membership Subscription Prices: U.S. and possessions: 1 year, $12.97. Canada and all other countries: $17.97. *The Saturday Evening Post* editorial, circulation and business offices are located at 1100 Waterway Boulevard, Indianapolis, Indiana 46202. **Postmaster: Send address changes to *The Saturday Evening Post* Subscription Offices, P.O. Box 10675, Des Moines, Iowa 50336.** Allow six weeks for change of address.

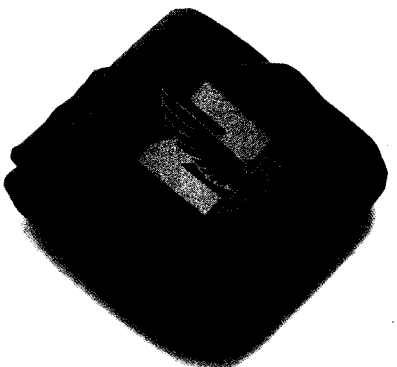
Unsolicited manuscripts, art work and photographs submitted to *The Saturday Evening Post* must be accompanied by an addressed return envelope and the necessary postage. The publisher assumes no responsibility for the return of unsolicited manuscripts, artwork or photographs.

The names of characters used in all *Post* fiction and semifiction articles are fictitious. Any resemblance to a living person is a coincidence.

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

A whole new generation of life insurance. It's so flexible it allows you to regularly restructure your policy according to your life's needs. Like the times when mortgage payments are more important than insurance premiums, or when a new baby means you want to build cash value faster. And in today's times, the fact that our Universal Life pays competitive interest rates is especially important.

We created our Universal Life so your family can have the safety and security of insurance flexible enough to change as life changes.

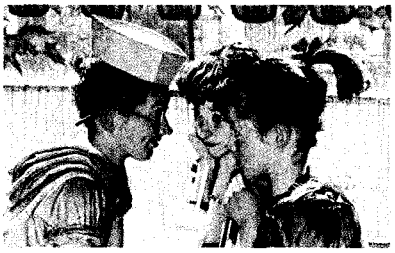


NATIONWIDE® IS ON YOUR SIDE.

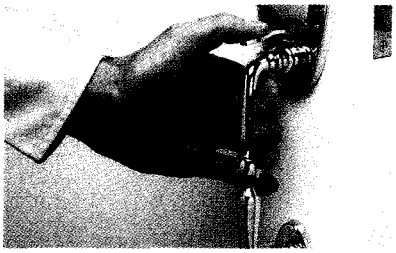
Home Office: One Nationwide Plaza, Columbus, Ohio 43216 • Nationwide Mutual Insurance Company • Nationwide Mutual Fire Insurance Company • Nationwide Life Insurance Company • Available in most states • An equal opportunity employer •

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

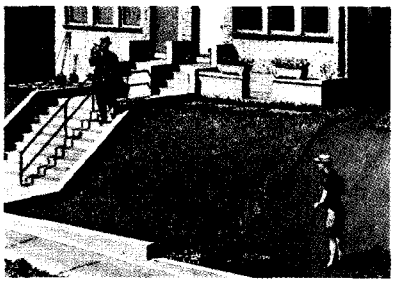
Julie Eisenhower's Best Seller—details the stroke suffered by her mother, Pat Nixon. **60**



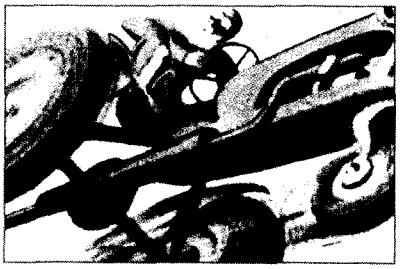
No Bones About It—at the time their needs are highest, teen-age girls are flunking calcium. **68**



Outsmart the Daylight Burglar—without spending a fortune to fortify your home. **30**



Get to the Roots—of your lawn's problems by following some rules of (green) thumb. **96**



Grandpa Hopewell—and a flying tractor create havoc in Iowa (fiction by Wilbur Schramm). **42**

Letters

My Head Aches

Will you please give me whatever data you have about Magnetic Resonance Imaging? Also, what hospitals near Arkansas have the testing equipment?

I am literally plagued with vascular headaches. I've had between 45 and 55 every month since August of 1984. I've been to the Mayo Clinic and two other research centers, but no one can find the cause of my headaches. I've spent over $10,000 for tests, etc., and still have as many headaches as when I started.

If Dr. Cory SerVaas would like to use me as a "subject" for some research, I'd be more than happy to submit myself. Please ask her about this offer on my part.

Two years ago I had a CT scan of my head, but the results were negative.

I feel that something must be radically wrong with me, having 600 headaches a year. Obviously I'm desperately in need of help. My family doctor is "stumped."

Robert J. Schmidt
Mountain Home, Arkansas

Editor's note: Thank you for your offer to be a "guinea pig," but we don't have a research project on headaches. We have sent you a copy of our article from the March 1987 SatEvePost *on MRI. The MRI facility nearest to you is Ozark Magnetic Imaging in Springfield, Missouri. They accept referrals; call 1-417-886-1000.*

Good As Golden

The *Post* printed a recipe in the Jan./Feb. issue that calls for a Golden Dipt product. That particular product, International Spanish Sauce Mix, is no longer available. We have been suggesting to readers who have called an even better recipe for Golden Gate Cioppino that makes use of Golden Dipt Manhattan Clam Chowder Mix, which is readily available in supermarket seafood departments.

Bret Weaver
Golden Dipt Company
St. Louis, Missouri

Editor's note: See page 97 for the corrected Cioppino recipe.

continued on page 8

EDITORIAL

Cory SerVaas, M.D., *Editor and President*
Robert L. Silvers, *Associate Publisher*
Ted Kreiter, *Executive Editor*
Maynard Good Stoddard,
Patrick Perry, *Senior Editors*
Roberts Ehrgott III,
Assistant Managing & Travel Editor
Jack Gramling, *Research Editor*
Dan Anger, Robert Grindy, Cheryl Evans,
Editorial Assistants
Steve Pettinga, *Archivist*
Mary June Parks, *Associate Food Editor*
Holly Coors, Holly G. Miller,
Contributing Editors
Peter Michael, *Director of Television*

ART

Chris Wilhoite, *Art Director*
Lucian Lupinski, *Illustrator*
Barry N. Sneed, *Art Production Manager*
Steve Miller, *Art Production Assistant*
Isaiah Scott, *Special Sections Designer*

PRODUCTION

Dwight Lamb, *Production Manager*
Greg Vanzo, *Technical Director*
Penny Lindsay-Rasdall, Phyllis Lybarger,
Patricia Stricker, *Compositors*

CIRCULATION

Tim Huff, *Circulation Manager*
Audrey Botha, *Single-copy Sales Manager*

ADVERTISING OFFICES

INDIANAPOLIS

Don Sutton, *Marketing Director*
Janet Andersen, *Corporate Advertising*
Penny Lindley, Pamela Sellinger,
Account Executives
Nancy Bullock, *Advertising Administrator*
Karen Smith, *Special Sections Administrator*
1100 Waterway Boulevard,
Indianapolis, Indiana 46202
(317) 636-8881, Telex 27-440

NEW YORK

Peter Aldrich, *Publisher*
Barbara Dugan, John Quinn,
Lee S. Emanuel, *Account Executives*
Lori Schneider, *Marketing Research*
150 East 52nd St., 17th Floor
New York, New York 10022 (212) 371-0400
Direct Response & Mail Order
Bob Bernbach
R.B. Advertising Representatives, Inc.
677 Commerce Street
Thornwood, New York 10594 (212) 696-4650

DETROIT

Jack Sterling
The Clausen Building
1520 N. Woodward Ave., Suite 213
Bloomfield Hills, Michigan 48013
(313) 645-0444

SOUTHEAST

Ray Rickles & Company
P.O. Box 520849
Miami Beach, Florida 33152-0849
(305) 592-0044
699 Carriage Drive, N.E.
Atlanta, Georgia 30328
(404) 252-4567

NORTHERN CALIFORNIA

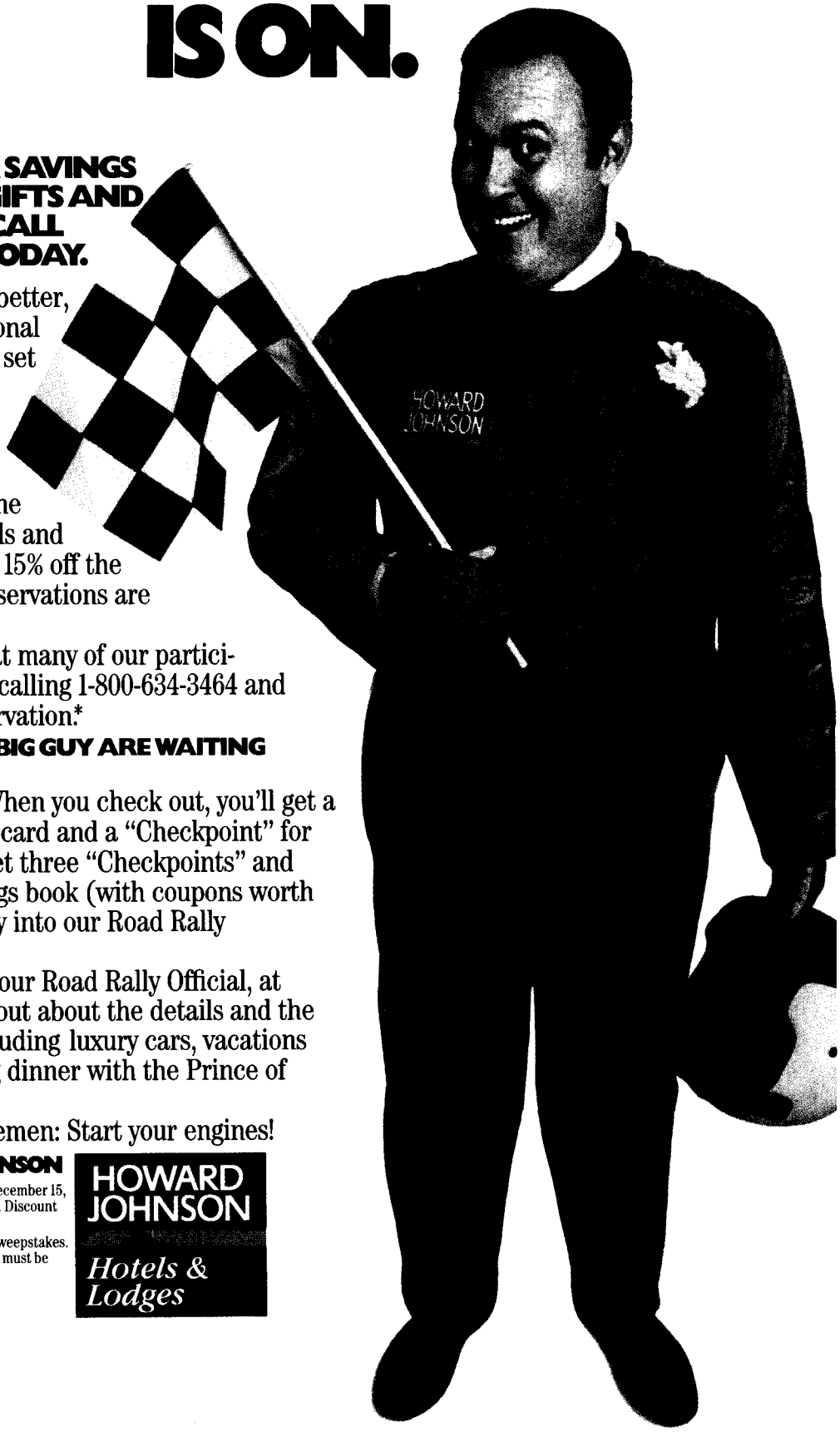
Wheeler & Wheeler Company
2141 Hadden Road
Walnut Creek, CA 94596 (415) 930-9900

SOUTHERN CALIFORNIA

R C Bublitz & Assoc.
22247 Burbank Blvd.
Woodland Hills, CA 91367 (818) 992-0366
Paul Palmeri, *Religion Specialist*
P.O. Box 7550
Van Nuys, CA 91409 (818) 993-1820

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

THE RACE TO HOWARD JOHNSON IS ON.



GET READY FOR SAVINGS UP TO 50%, FREE GIFTS AND A GRAND PRIZE! CALL WILLARD SCOTT TODAY.

If you're sixty years or better, or a member of any national seniors organization, get set for The Howard Johnson Road Rally.

TRAVEL THE ROAD FOR FUN AND PROFIT.

Just check into any one of our participating hotels and lodges and you'll receive 15% off the regular room rate. No reservations are necessary.

Or you can save 50% at many of our participating locations, just by calling 1-800-634-3464 and making an advance reservation.*

BIG VALUES AND A BIG GUY ARE WAITING FOR YOU.

Here's the fun part: When you check out, you'll get a Road Rally membership card and a "Checkpoint" for each night's stay. Just get three "Checkpoints" and send them in for a savings book (with coupons worth over $150!), plus an entry into our Road Rally Sweepstakes.**

So call Willard Scott, our Road Rally Official, at 1-800-634-3464 and find out about the details and the Sweepstakes prizes; including luxury cars, vacations and a chance of winning dinner with the Prince of Precipitation himself.

Now ladies and gentlemen: Start your engines!

THIS IS HOWARD JOHNSON

*This offer extends from February 1 to December 15, 1987. Limited number of rooms available. Discount applies to regular room rates only.

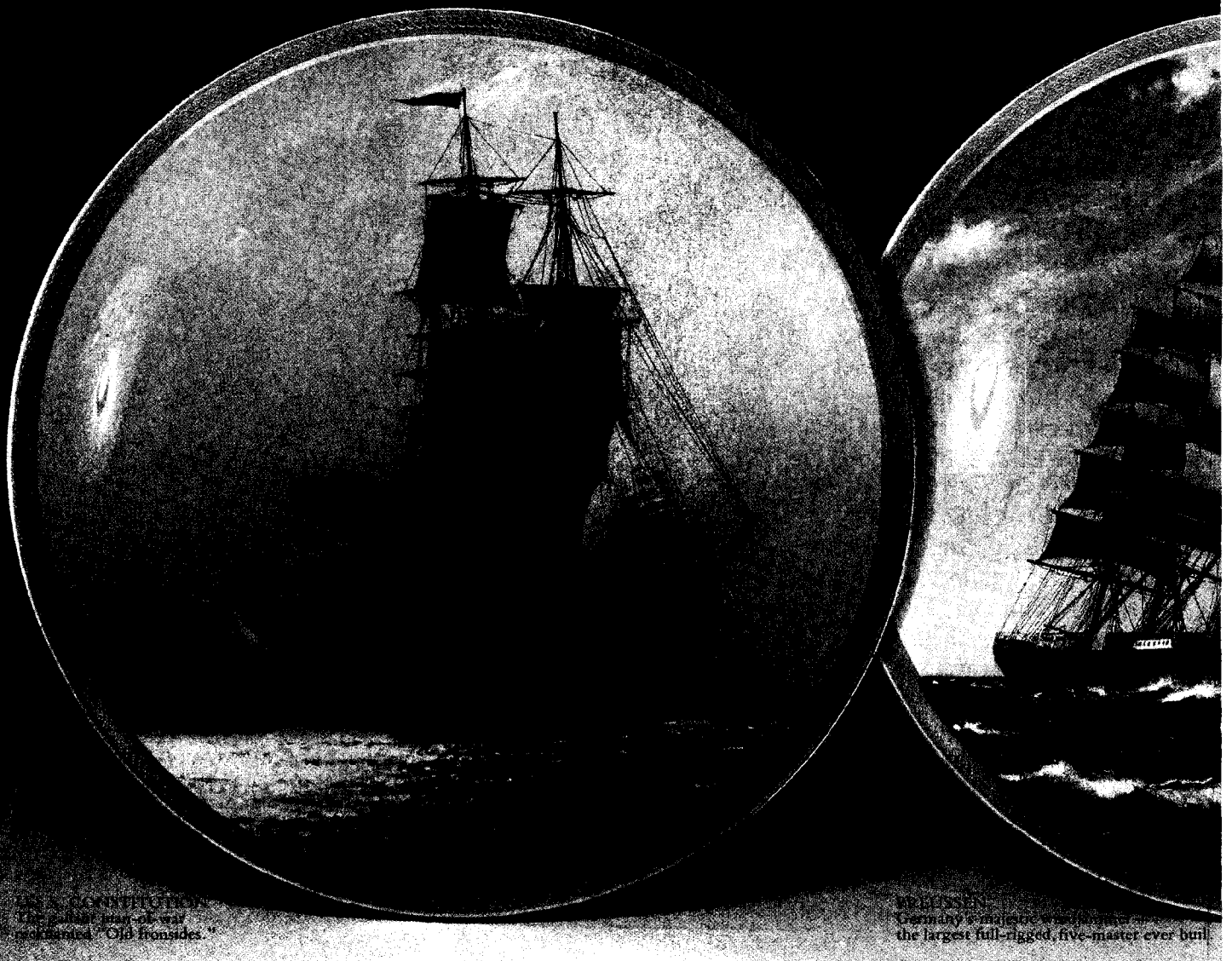
**No purchase required for Road Rally Sweepstakes. Void where prohibited by law. All entries must be received by January 15, 1988.

HOWARD JOHNSON
Hotels & Lodges

© 1987 Howard Johnson
A Prime Motor Inns Company

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

An unprecedented collection of fine art plates



VICTORY
The gallant man-of-war
immortalized as "Old Ironsides."

PRUSSEN
Germany's majestic
the largest full-rigged, five-master ever built.

Six original works of art. Issued in limited First Edition by the Royal Society of Marine Artists.

A premier collection of fine art plates by the leading marine artist of our day, Derek G.M. Gardner, whose works are in important private collections throughout the world.

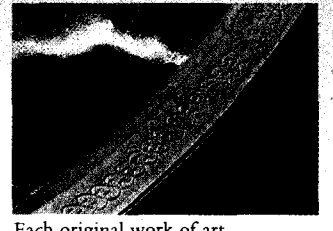
Six magnificent collector plates. Each an original work of art alive with the drama of the age of sail. Authentically detailed portraits of history's greatest sailing vessels. Crafted in porcelain of exceptional beauty and quality. And lavishly bordered with pure 24 karat gold.

Each plate, in itself, will be an exciting and rewarding acquisition. Together, they form an incomparable *panorama* of the sea and the majestic ships of that colorful era.

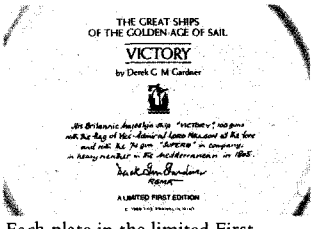
The Great Ships of the Golden Age of Sail. A collection of rare distinction. The *first* series of collector plates ever issued by the prestigious Royal Society of Marine Artists. And the *only* edition to bear the artist's signature on the reverse of each plate.

Recapture the splendor with a collection, like the ships portrayed, destined for glory. To display... admire ... and treasure for generations to come.

To begin an exciting adventure with *The Great Ships of the Golden Age of Sail,* you need send no payment at this time. Subscriptions will be valid only until December 31, 1987. And you are urged to return your Subscription Application by April 30, 1987.



Each original work of art will be generously bordered with 24 karat gold.

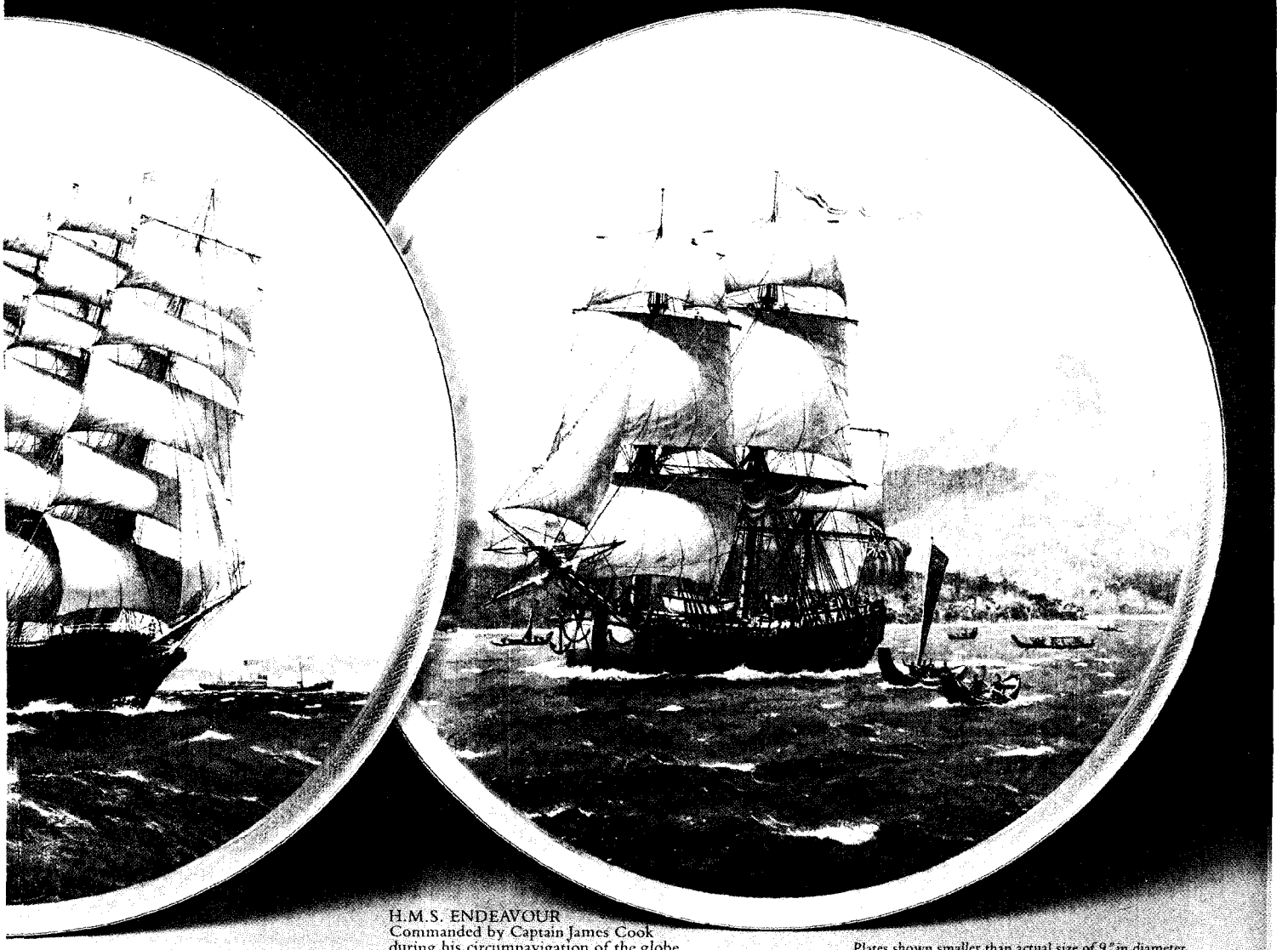


Each plate in the limited First Edition will bear the signature of Derek G.M. Gardner.

© 1987 FM

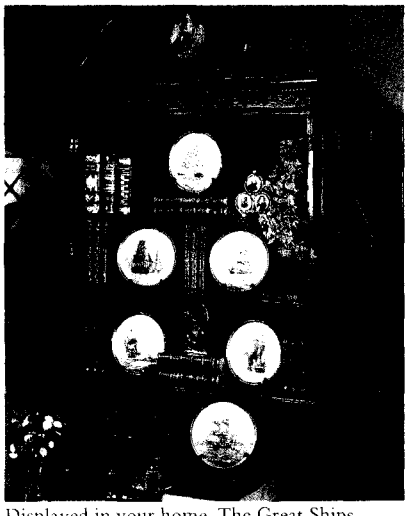
PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

by the foremost maritime artist of the century



H.M.S. ENDEAVOUR
Commanded by Captain James Cook
during his circumnavigation of the globe.

Plates shown smaller than actual size of 9" in diameter.



Displayed in your home, The Great Ships of the Golden Age of Sail will create a dramatic accent for any room setting.

The Great Ships of the Golden Age of Sail

BY DEREK G.M. GARDNER

An official issue of the Royal Society of Marine Artists. Limited First Edition.

The Royal Society of Marine Artists
c/o The Franklin Mint
Franklin Center, PA 19091

Enter my subscription for *The Great Ships of the Golden Age of Sail*, consisting of six imported porcelain collector plates bordered with pure 24 karat gold and sent to me at the convenient rate of one every other month. I will also receive individual plate hangers, a Certificate of Authenticity, and fascinating information about the ships portrayed.

I need send no money now. Bill me for each plate in two equal monthly installments of $27.50*, beginning prior to shipment of my first plate.

**Plus my state sales tax and a total of $2.50 for shipping and handling.*

Please mail by April 30, 1987.
Limit: One collection per person.

Signature _____
ALL APPLICATIONS ARE SUBJECT TO ACCEPTANCE.

Mr./Mrs./Miss _____
PLEASE PRINT CLEARLY

Address _____

City _____

State, Zip _____

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Not Prostrate from Prostate

As one who has recently been diagnosed as having adenocarcinoma of the prostate, I was quite interested in reading your article about the transrectal ultrasound test, which I received at University Hospital in Cleveland, Ohio, on January 7.

Although not a marathon runner as Dr. Fred Lee is, I am quite active physically and felt that I was in good health. Unfortunately, I was one of that group that, at age 57, had never had a rectal examination. I well know how overworked a physician can be in a small community and hated to take up their time when I had no health problems that I was aware of.

My reason for writing is that as informative as your article is, there is not one word in it as to what symptoms a person might have that would alert him to the problem. In my own case I had no indication of a problem until I started to have difficulty in passing my urine forcefully.

I fully understand that there is no substitute for early detection, but can't you give the public more information on signs to look for rather than extolling the virtues of ultrasound?

In my own case, I am to begin radiotherapy next week, and my urologist says my chances are excellent. I personally feel that not nearly enough has been said about prostatic cancer. Your investment in the MaleMobile is certainly a step in the right direction and is to be applauded.

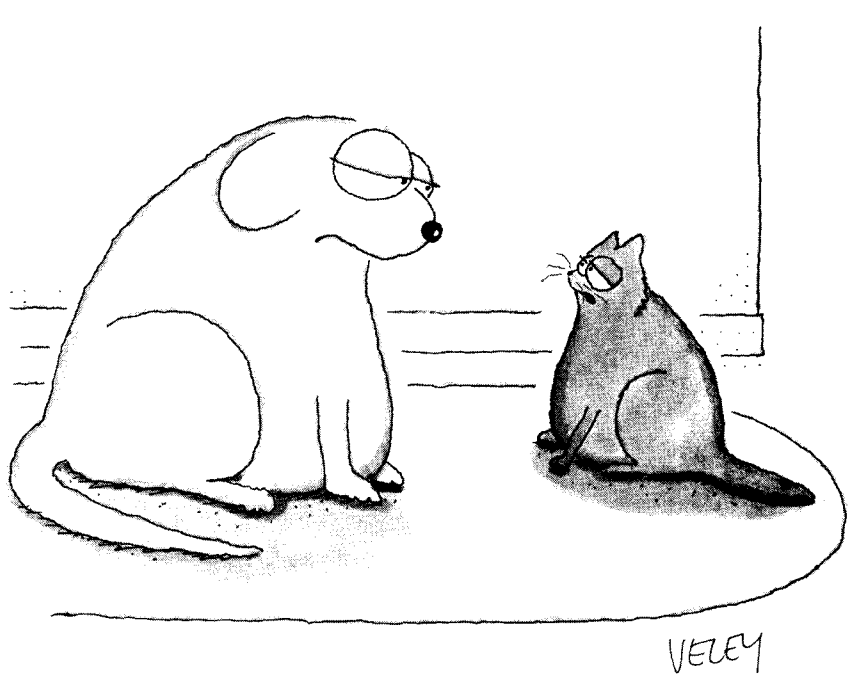
Edward J. Linsley
East Palestine, Ohio

Editor's note: We wish we could give you the early signs to look for in prostate cancer. Unfortunately, this is not easy. As you know, difficulty in passing urine forcefully is a common problem of the enlarged prostate, commonly known in the medical profession as benign prostate hypertrophy (BPH). We know something about the kind of men believed to be more likely to get prostate cancer. In Japan, where much screening for prostate cancer has been done, it has been found that men who have been promiscuous have a higher incidence of prostate cancer; men who are sexually inactive at ages 60 to 72 have a higher incidence than men who are active sexually; men who became active sexually in their teen-age years have a higher incidence than those who did not.

The best method of detecting prostate cancer early is the annual digital rectal exam and, if available, the ultrasound test. Neither exam will pick up all of the prostate cancers, but depending on the location of the nodule in the prostate, many early prostate cancers will be caught with these tests before they spread.

You mentioned not wanting to bother your overworked, small-community physician for a yearly rectal exam, but you would be bothering him a great deal more had you waited until your cancer metastasized to your lymph nodes. A digital rectal exam takes the typical doctor about 35 seconds.

We're glad to hear that your prognosis is excellent.



"Your problem is you don't know the difference between a little healthy begging and making a complete fool of yourself!"

Growth Recession

I always enjoy your features on health, especially when I can identify with some of the letters. Last month you published a letter from a young man asking about prevention of baldness. My son is faced with this exact situation. He is 21 and already is losing hair. He naturally is concerned because of baldness in my family.

I, too, would like to know if there are any products or procedures that can be used to prevent male baldness.

Jeanette Lloyd
Wewoka, Oklahoma

Editor's note: Male pattern baldness is extremely common. It is familial, and causes aren't yet known. There is a multimillion-dollar industry advertising tonics to promote hair growth. To the best of our knowledge, none of these have been consistently effective.

Crisp Is Stale

In the *SatEvePost* article "Boning Up on Calcium," (April '86) it tells about a high-calcium cereal called "Dairy Crisp," made by Pet Incorporated.

I would like to know where to buy it. The supermarkets where I shop do not have it, nor have they even heard of it.

My health-food store does not have it, but I shall try some of the others.

Please tell me if "Dairy Crisp" is a *new* cereal and if it may eventually reach supermarkets.

Kathleen G. Phillips
Green Mountain Falls, Colorado

Editor's note: A Pet Incorporated spokesperson told the Post *that*

continued on following page

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Reserva[illegible]

The Bing & Grondahl Christmas Bell Collection

No Payment Required.
Simply mail this application today.

Bell Collectors Club
47 Richards Avenue
Norwalk, Conn. 06857

Please reserve _____ collection(s) of the Bing & Grondahl Christmas Bells. The collection will consist of thirty-six bells, each bearing the design of one of the first thirty-six annual Bing & Grondahl Christmas plates. I understand I will receive one bell each month.

I need send no money now. I will be billed with each shipment at a price of $31.50 per bell (plus $1.50 shipping and handling – payable in U.S. funds). I understand that either party may cancel this subscription agreement at any time. I will receive a hardwood display cabinet with each collection at no additional cost.

PLEASE PRINT CLEARLY

Name _____

Address _____

City _____ Zip _____

State _____

As a convenience, I prefer to have each bell charged, at the time of shipment, to my:

☐ MasterCard ☐ VISA

Credit Card No. _____ Expiration Date _____

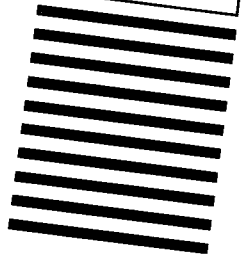
Signature _____

Allow 8-12 weeks for initial shipment.

PLEASE DETACH AND MAIL

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

NO POSTAGE
NECESSARY
IF MAILED
IN THE
UNITED STATES



BUSINESS REPLY MAIL

FIRST CLASS PERMIT NO. 353 NORWALK, CONN.

POSTAGE WILL BE PAID BY ADDRESSEE

BELL COLLECTORS CLUB
47 Richards Avenue
P.O. Box 4950
Norwalk, Connecticut 06856-9906

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

The Bing & Grondahl Christmas Bell Collection

The most popular Christmas plates of all time — recreated as Danish blue porcelain bells for the first time — by the original maker!

Without a doubt, collecting history was made in 1895 when Bing & Grondahl released its first Christmas Plate. To collectors around the world, the annual Bing & Grondahl Christmas Plate is as important to the Christmas season as mistletoe and St. Nick.

Now, after extensive negotiations with Bing & Grondahl, the Bell Collectors Club is pleased to offer an exciting alternative...

Bing & Grondahl Christmas Bells — authentic reproductions of the first 36 Bing & Grondahl Christmas Plates originally issued from 1895 through 1930.

Look at these classic Christmas scenes and you'll see why the original plates became the most popular Christmas series in history. The scenes are beautiful — truly timeless and forever fascinating. They've been called the most charming Christmas scenes ever created — "classic little vignettes of life and tradition."

Based on the original art in Bing & Grondahl's private archives.

This classic art is being adapted by today's Bing & Grondahl artists to appear on bells, almost a century later. The transformation is altogether miraculous!

For instance, "Behind the Frozen Window," shows the skyline of Copenhagen through a filigree of frost on a cold Christmas Eve. "Church Bells Chiming In Christmas" depicts the 400-year-old bell at Roskilde Cathedral, outside Copenhagen. The bells are even more enchanting when you know the story behind the scene, which is made easy with a descriptive reference card included with each bell.

Each bell individually hand crafted.

Quality, obviously, will be the hallmark of this collection. Each bell will be created individually, by hand...the way Bing & Grondahl porcelain has been created for centuries.

After the first, or bisque firing, a skilled Danish decorator must apply an even coat of the famous Bing & Grondahl cobalt blue coloring. The second firing seals this color forever, prior to the application of the artwork. Finally, each bell is inspected and hallmarked with the Bing & Grondahl insignia.

As a subscriber you will receive a hardwood display cabinet at no extra charge.

Affordably priced but send no money now.

To reserve the collection, simply mail the reservation application. You will receive one bell per month and will be billed separately for each at the original issue price of $31.50. For added convenience, you may have each bell charged, as shipped, to your VISA or MasterCard. Your satisfaction is guaranteed.

Bell Collectors Club • 47 Richards Avenue • Norwalk, Conn. 06857

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

"Dairy Crisp" was a test product discontinued in December. Pet hopes to develop a new high-calcium cereal in the future.

Making the Scene

I so enjoyed the article on Angela Lansbury (Jan./Feb. '87)! I love her show. You did not, however, answer for me one question that I'd really like answered. Where are the Cabot Cove scenes actually filmed? They are so beautiful! Thanks.

Linda Emerick
Dayton, Ohio

Editor's note: Mendocino, California, according to the studio.

A Real Quitter

Dear Admiral Synhorst:

Thank you and *SatEvePost* for your article on *our* disease.

I quit in 1966 after too many Camels, Marlboros, etc., and in August of '86 lost a portion of one lung.

I wish the November '86 article could be mass-produced and handed out to the U.S. government, lawmakers, periodicals, friends, etc.

Steve Watts
Meredith, New Hampshire

Patching Things Up

Today was my doctor's appointment to follow up my four-month trial with Ogen. My doctor decided to prescribe the transdermal estrogen patch and to increase dosage. As your article mentioned, sometimes our system doesn't seem to assimilate the medication as before. This family doctor said he put two other gals on this patch a month ago. I am anxious for results.

Your two articles (Dec. '86, Jan./Feb. '87) were very enlightening.

J. Guscott
Canton, Ohio

Questions and Answers

If one is advised to stay away from wheat bread and cereal (for a high-lysine diet), is that because of the wheat or something else? If it's the wheat, what about white, rye, or egg bread? They all have wheat flour in them. Also, if popcorn is a no-no, what about regular corn? If bacon is out, what about other pork products like ribs, etc.?

Is the high-lysine corn out yet?

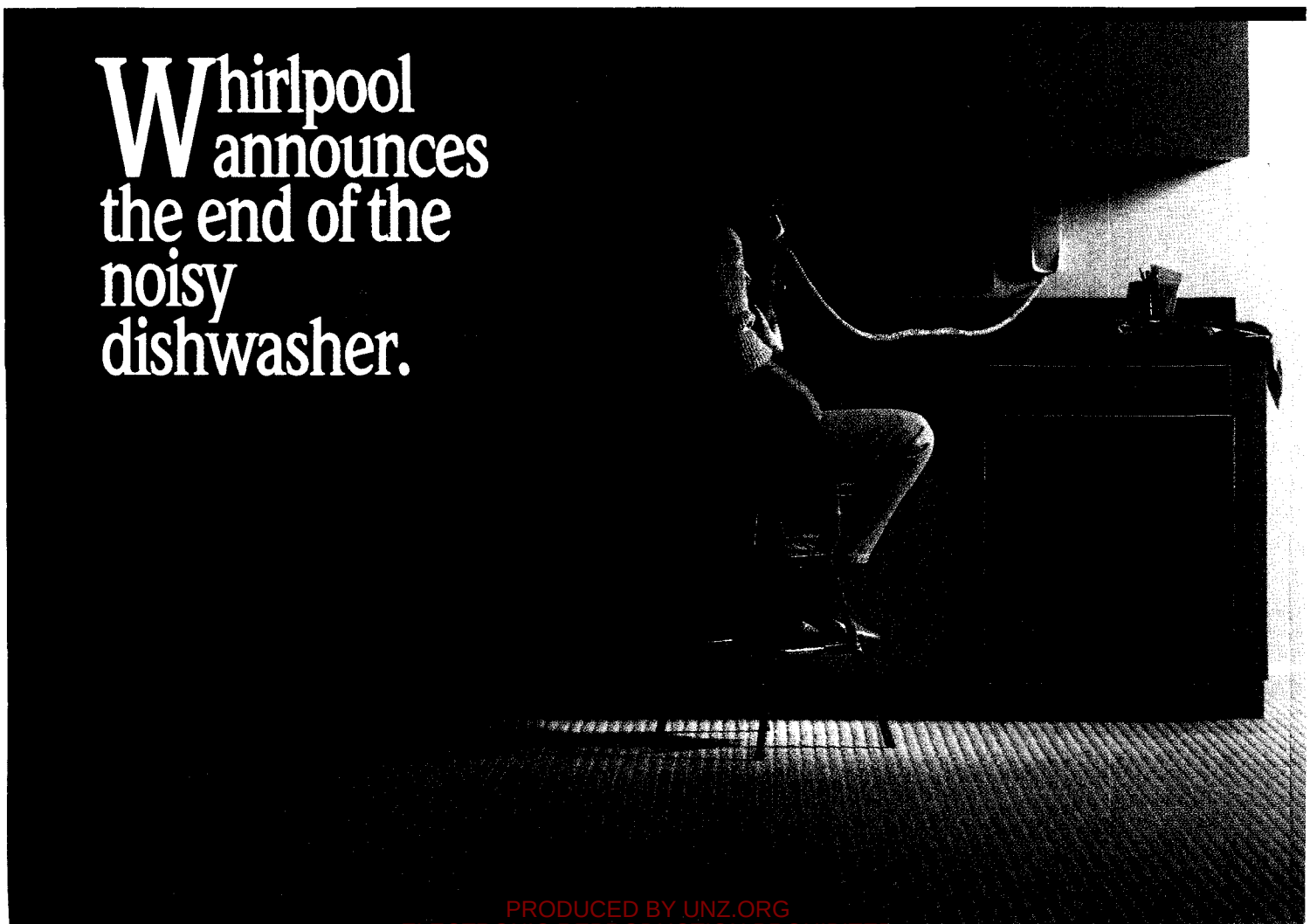
Susan Masters
Las Vegas, Nevada

Editor's note: The only people who have to avoid wheat are those who are intolerant of the gluten in wheat and other grains, such as rye. Popcorn is a good food, especially if you don't put too much butter on it. We eat it every day!

We do recommend, however, that people reduce the fat in their diets, such as the fat from bacon and ribs. Lean pork is being developed with lower fat content. And yes, high-lysine corn is available, and it has a far higher protein content than regular corn. High-lysine popcorn isn't available, but lysine crystals can be used as a salt substitute to increase the lysine content of popcorn snacks.

Micro-Trach

I was interested in your article on the Heimlich Micro-Trach™ in the



PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

SatEvePost (Nov. '86).

I would be glad if you could let me know where I could find a medical journal article on the subject, and also where the trachette can be ordered.

I have done a search of the literature and have found only two articles, both in the Russian language—which doesn't help me.

Ian H. Cook, M.D., F.A.C.S.
Fort Wayne, Indiana

Editor's note: Articles have been published by Dr. Henry Heimlich of Cincinnati. Other work is being done by Colorado Pulmonary Associates and the Transtracheal Institute, both in Denver. We have forwarded copies to you.

Lysine Helpful

Enclosed is a donation to your Saturday Evening Post Society for your work with lysine and nutrition. I would appreciate information about the lysine-rich corn and all the articles that you refer to in your very interesting article in the October 1986 issue.

I have been meaning to write you for one or two years, and I finally broke down and did it. We have an office staff with approximately 50 people, including staff and physicians, and probably 150 to 200 people including family members are involved. Most of us take lysine whenever fever blisters break out. This usually helps very quickly. We have followed this routine for some seven to eight years since our office manager, Linda Fleming, was told by her dentist that a trial of lysine could very well help the white herpes ulcers of the mouth and lips.

In no particular order, I would like to relate to you a few episodes that might be of interest to you. About three years ago, I had the opportunity of operating on one of my former medical-school professors who had had a previous bout of herpes zoster in the eye that we planned to do cataract and implant surgery on. I talked to him about this and asked if he would be open to my placing him on lysine before the surgery because I felt that it would cause no harm, and it might make his eye a little bit less inflamed following his surgery. He was very open to this. His cataract and implant surgery went beautifully with no problems during his postoperative course. He later related that a few vesicles that he had in his opposite eyebrow improved during his postoperative course.

I compliment you on your persistence in talking about lysine. I caught the end of one of your talks on the "700 Club" where you spoke about the connection of lysine and cancer in mice. I would appreciate copies of all of your references and past articles you have published or spoken about. I would be glad to cover any reasonable costs in duplicating these.

Thank you for all your good work. I wish you success in all that you do.

Jerre Minor Freeman, M.D.
Memphis Eye & Cataract Associates
Memphis, Tennessee

Operation MaleMobile

I have read with particular interest your article on prostate manograms in the Jan./Feb. '87 *Saturday Eve-*

© 1987 Whirlpool Corp.

Until now, using a dishwasher was a trade-off: Clean dishes for a noisy kitchen. But this Whirlpool® dishwasher with our exclusive Quiet Wash system keeps the cleaning power and reduces the noise. It's so quiet you can run your dishwasher and still enjoy your conversation.

The secret of our Quiet Wash system. We found ways to reduce the sound coming from inside the tub. Designed a quieter motor. And then wrapped the dishwasher in an extra layer of sound-absorbing insulation. We think you'll be pleased when you hear the results.

Remarkably clean dishes with less hot water. Don't let the quiet fool you. This Power Clean™ Energy Saver dishwasher still has our patented washing system for remarkably clean dishes. And all our Power Clean models use 20% less hot water in the normal cycle than our previous washing system.

Easier loading and unloading. Whirlpool dishwashers are available with upper racks that adjust up and down to fit that unusual-size item. We're also the only ones to give you the ease and convenience of a silverware basket in the door.

A promise of quality we stand behind. Every Whirlpool dishwasher is backed by our promise of good, honest quality. And we stand behind that promise with helpful programs like our toll-free, 24-hour Cool-Line® telephone service to help you with problems or questions. Just call 800-253-1301. It's one more way we can make your world a little easier.

Whirlpool
Home Appliances
Making your world a little easier.

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

L.L. Bean

Every outdoorsman prays for two things: good weather and reliable equipment.

L.L. Bean offers men and women:
- Rugged footwear and clothing for active use
- Attractive weekend apparel and shoes
- Equipment and furnishings for home and camp
- Toll-free 24 hour ordering
- Free shipping on all regular orders
- 100% lifetime guarantee

Free Summer Catalog

Name_____

Address_____

City_____

State_____ Zip_____

L.L. Bean, Inc., 1722 Casco St., Freeport, ME 04033

ning Post.

I would like to be informed if the MaleMobile will be in the Boston or Cape Cod area. If not, can you tell me if the ultrasound equipment and examinations are available in a Boston or Cape Cod hospital?

C.C. Saladino
Centerville, Massachusetts

Editor's note: Unfortunately, the MaleMobile is not yet operational. With enough support, however, it could be on the road in a few months.

In the meantime, however, we urge you to have your prostate examined, especially if you are over 40. Any internist or general practitioner could perform a digital rectal exam. Your local health agency also might be able to direct you to the nearest transrectal ultrasound equipment in your area.

Patches Wearing Thin

I am writing concerning Pat Saylor's inquiry about taking testosterone (Jan./Feb. '87 issue). Unbeknownst to me, my doctor prescribed testradiol instead of estradiol injections for me. Within a few weeks I developed persistent hoarseness to the point of being painful. An examination by a throat specialist revealed no physical problem. I also suddenly developed excess facial and bodily hair.

Almost a year later, my treatment was being explained to a visiting intern in my presence. When my doctor mentioned that my injections also contained testosterone, I knew immediately what had caused the two problems mentioned above, and I asked to be switched to estradiol. The symptoms gradually subsided.

It is true that the testosterone helped the libido, but the side effects were not tolerable.

I have been on Estraderm since October, and it provides the most effective treatment I have had for the symptoms of menopause. However, I am developing an allergic reaction to the patches and may have to discontinue using them.

Alice I. Riley
Canton, Illinois

No Lie About Lysine

Thank you ever so much for the articles you have in the *SatEvePost*; they are priceless.

In June I got mononucleosis for the second time and was getting nowhere fast until after reading about L-lysine in the October '86 issue of *SatEvePost* and getting some to try. At the time, my abdomen was so sore I could hardly stand anything around my waist, and even wearing a bra was uncomfortable. I still get tired easily and have temperature ups and downs occasionally, but I am improving and I give the credit to you and L-lysine. I have been telling everyone how great you and L-lysine are.

Mervin Karr
Dillon, Montana

Oat Bran

As a diabetic of 22 years standing, I am interested in receiving Dr. James Anderson's research with diabetes and oat bran. I plan to share it with my doctor. I already have tried oat bran as a hot cereal and find it to be my favorite over any other!

I enjoy your magazine and plan to become a subscriber.

I have tried lysine for cold sores and find it effective (at least, I can't attribute the cold sores' demise to anything else I did).

Janice Lopez
Apalachin, New York

"Sure, he's cute now, but do you know how big they get?"

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

LOOKING FOR GOOD MOVIES? OWN ANY THREE, JUST $3.30 EACH.

WITH MEMBERSHIP

ENEMY MINE	3584082
POWER	5119072
THE ROAD WARRIOR	6028052
GREMLINS	6082082
BUTCH CASSIDY AND THE SUNDANCE KID	0517302
48 HOURS	2022182
SUPERMAN	0013132
COCOON	3553052
THE BRIDGE ON THE RIVER KWAI	1606062
THE CLAN OF THE CAVE BEAR	3583092
GHOSTBUSTERS	1742012
ALL ABOUT EVE	0044082
JAGGED EDGE	1813052
TEEN WOLF	4104072
THE LONGEST DAY	0577032
FRIGHT NIGHT	1820062
A PASSAGE TO INDIA	1741022
IRON EAGLE	3588042
PRETTY IN PINK	4224022
THE ALAMO	0583052

JEWEL OF THE NILE
3571032

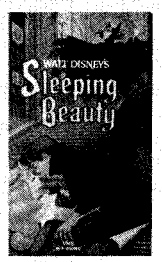
THE GODS MUST BE CRAZY
7340042

COBRA
6201042

SHORT CIRCUIT
3607012

BODY DOUBLE	1713062
SOUND OF MUSIC	0039212
LA CAGE AUX FOLLES	0512012
MAD MAX: BEYOND THUNDERDOME	6089012
BODY HEAT	6020032
SUMMER RENTAL	4173032
RETURN OF THE DRAGON	0818022
STAR TREK III–THE SEARCH FOR SPOCK	2016162
THE AFRICAN QUEEN	0511022
CASABLANCA	0507162
SOME LIKE IT HOT	0584122
NEVER SAY NEVER AGAIN	6042072
REVOLUTION	6115092
NOTORIOUS	0567132
STAR TREK: THE MOTION PICTURE	2035132
TOOTSIE	1509042
THE EMERALD FOREST	3145002
THE GOOD, THE BAD AND THE UGLY	0582222
TO LIVE AND DIE IN L.A.	7225042
STRIPES	1513162
THE TEN COMMANDMENTS	2026062
ALIEN	0002322

RUTHLESS PEOPLE
5444032



SLEEPING BEAUTY
5437022

SPACECAMP
4886012

TWICE IN A LIFETIME	4857062
ALL THE PRESIDENT'S MEN	6070022
BILL COSBY–HIMSELF	0935002
GOONIES	6081092
TERMS OF ENDEARMENT	2014182
CLEOPATRA	0579012
THE PARENT TRAP	5288022
THE HOWLING	0527202
WITNESS	4114052
ARTHUR	6024092
PURPLE RAIN	6048012
WEST SIDE STORY	0505342
LAWRENCE OF ARABIA	1514072
STAR WARS	0564162
MY FAIR LADY	3507022
THE BIG CHILL	1527022
PEE WEE'S BIG ADVENTURE	6098002
AGNES OF GOD	1812062
ANNIE	1516052
OKLAHOMA!	0054052
BEVERLY HILLS COP	2053102
CADDYSHACK	6023002
BLADE RUNNER	3104092
AN OFFICER AND A GENTLEMAN	2021192
POLICE ACADEMY	6049002
RE-ANIMATOR	4847092
THE SWORD IN THE STONE	5409062
20,000 LEAGUES UNDER THE SEA	5378032
THE BLACK STALLION	0504012
CHARIOTS OF FIRE	6014012
PINOCCHIO	5361102

KISS OF THE SPIDER WOMAN	3187092
PRIZZI'S HONOR	4802022
YANKEE DOODLE DANDY	0574062
AFTER HOURS	6167062
"10"	0011072
DR. STRANGELOVE	1521082
WITNESS FOR THE PROSECUTION	0717122
THE TEXAS CHAINSAW MASSACRE	3305062
THE CARE BEARS MOVIE II	1862052
THE GREATEST STORY EVER TOLD	0855062
ROMANCING THE STONE	0894092
DELTA FORCE	3583012
GUNG HO	4225012
ON GOLDEN POND	0523162
THE COTTON CLUB	3100032
SOUTH PACIFIC	3506112
RISKY BUSINESS	6033082
PATTON	0043092
KRAMER VS. KRAMER	1503002
FLASHDANCE	2018142
A NIGHTMARE ON ELM STREET 2	3382022
THE RIGHT STUFF	6043062
MARY POPPINS	5276062
SILVERADO	1810082
FOOTLOOSE	2019052
THE EMPIRE STRIKES BACK	0910092
WHITE NIGHTS	1814042
ST. ELMO'S FIRE	1803072
DUMBO	5251052
GUESS WHO'S COMING TO DINNER	1819092
THE MAGNIFICENT SEVEN	0534212

NATIONAL LAMPOON'S EUROPEAN VACATION	6096022
MURPHY'S ROMANCE	1853062
ALICE IN WONDERLAND	5423082
DIRTY HARRY	6017082
OLD YELLER	5289012
CLOSE ENCOUNTERS OF THE THIRD KIND	1510192
SESAME STREET PRESENTS: FOLLOW THAT BIRD	6117072
GANDHI	1533042
AT CLOSE RANGE	4881062
A CHORUS LINE	3193012
THE KILLING FIELDS	6084062
PALE RIDER	6097012
SPIES LIKE US	6116082
PRIVATE BENJAMIN	6018072
ROCKY IV	3570042
A NIGHTMARE ON ELM STREET	3288072
CABARET	4001272
JANE FONDA'S NEW WORKOUT	5112042
COMMANDO	3555032
THE KARATE KID	1710092
A VIEW TO A KILL	0989052
STARMAN	1723042

DOWN AND OUT IN BEVERLY HILLS
5426052

THE TRIP TO BOUNTIFUL
3225032

RETURN OF THE JEDI
3547042

Now you can own any three movies here for just $3.30 each with membership in the CBS Video Club! Movies for less than the price of movie tickets, less than the price of most rentals, and they're yours for keeps!

Choose from the best, too. *Return of the Jedi, Ruthless People, Sleeping Beauty* and more. There's no membership fee, and you don't have to buy a lot of movies.

Just buy five more within the next two years. The movies you order will be mailed and billed at regular Club prices, which currently range from $29.95 to $79.95, plus shipping and handling. (Extra-long films and specials may cost a bit more.)

BONUS PLAN–SAVE 50%

After buying five movies at regular Club prices in the next two years, you can cancel. Or stay with us and save even more under our current Bonus Plan. With each movie you buy, the plan currently allows you to help yourself to another movie of equal value or less at 50% off. (And you can save as much as $60 more right now–see the Advance Selection box in coupon.)

About every four weeks (up to 13 times a year) we'll send you our *CBS Video Club Magazine*, reviewing our Director's Selection plus many alternate movies. Up to four times a year you may also receive Special Selection offers, usually at a discount off regular club prices, for a total of up to 17 buying opportunities.

CHOOSE FROM HUNDREDS OF HIT MOVIES

As a member, you'll always have a wide range of choices. If you want the Director's Selection, don't do a thing. It will arrive automatically. If you prefer an alternate title, or none at all, just return the card provided by the date specified.

You'll always have two full weeks to decide. (If you ever receive a movie without having had a full two weeks to decide, send it back at our expense.) There's a toll-free number to call if you have any questions or service requests.

Join today and we'll send your three movies for just $3.30 each along with more details on how the Club works. If you're not satisfied, return everything within 10 days for a full, prompt refund with no further obligation.

For faster service, use your credit card and our toll-free number to order. Just call 24-hours a day **1-800-CBS-4804** (in Indiana 1-800-742-1200).

Or mail the coupon.

CBS VIDEO CLUB
1400 North Fruitridge Avenue, Terre Haute, IN 47811

CBS VIDEO CLUB
1400 North Fruitridge Avenue
Dept. 783, P.O. Box 1111, Terre Haute, IN 47811

Yes, please enroll me in the CBS Video Club under the terms outlined in this advertisement. As a member, I need buy just five more movies at regular Club prices within the next two years.

Send me these 3 movies for $3.30 each (that's $9.90)

#	#
#	#

Check one: ☐ **VHS** ☐ **BETA**

Please check how paying:

☐ My check is enclosed. X19/X21

☐ Charge my introductory movies and future Club purchases to:
☐ MasterCard ☐ Diners Club ☐ American Express ☐ VISA X20/X22

Account #_____ Expiration Date_____

Signature_____

Name_____ Phone ( )_____

Address_____

City_____ State_____ Zip_____

Note: CBS Video Club reserves the right to reject any application or cancel any membership. Offer limited to continental U.S. (excluding Alaska) and Canada. Canadian residents will be serviced from Toronto (offer may vary). **Applicable sales tax added to all orders.**

Advance Selection

SAVE UP TO $60 MORE–HAVE LESS TO BUY LATER!

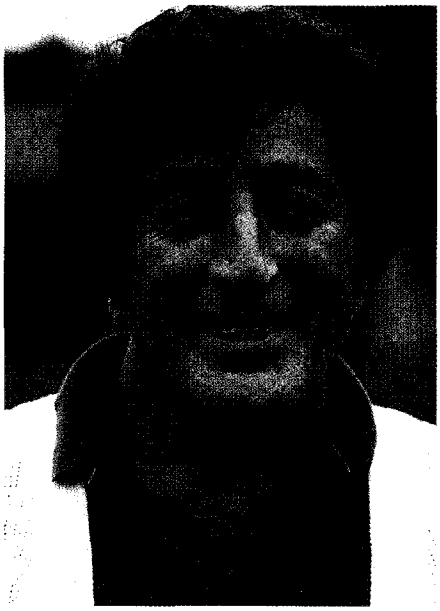
Order a fourth movie now for only $19.95–and your membership obligation is immediately reduced (you then need buy only 4 more, instead of 5).

Just fill in the number of your first selection below, and add $19.95, plus $3.00 shipping/handling, to your $9.90 payment.

#_____

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

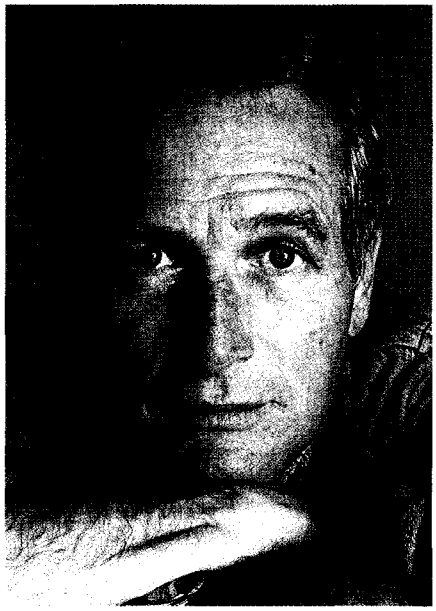
Post People



Most singers peak at around age 35, ***Tony Bennett*** says. But by practicing scales three times a day, he hopes to sing better as he grows older. Evidence: his latest disk, *The Art of Excellence,* is one of his best ever.

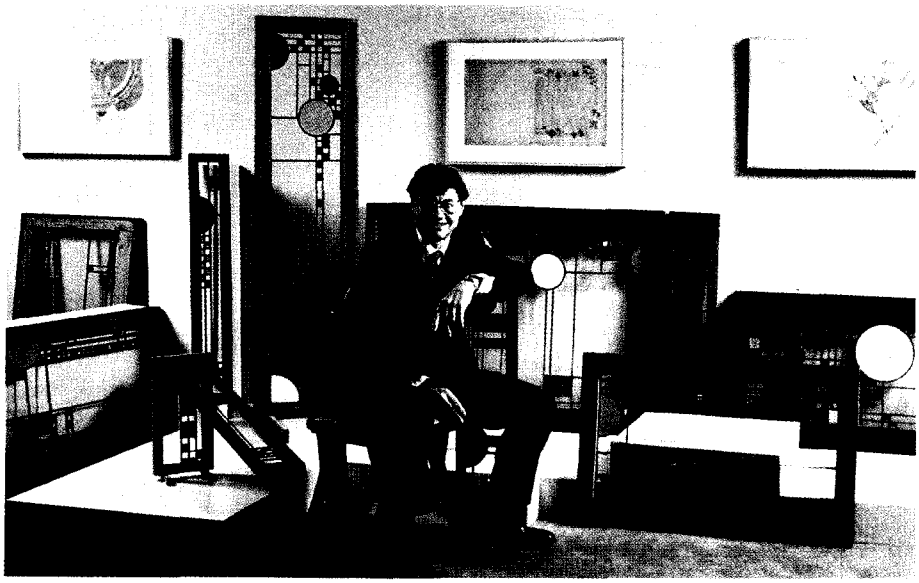
Nor is the singer's secondary art form doing badly. The late Cary Grant owned an original Bennett painting; another canvas went to a Cleveland art collector for $25,000.

Some 26 years ago, ***Tom Monaghan*** quit architectural school to found Domino's Pizza, today the world's largest pizza-delivery company. He also owns one of the world's largest collections of the late Frank Lloyd Wright's works, including the Coonley Playhouse windows Wright designed for a schoolhouse in Illinois. Incidentally, the owner of the Detroit Tigers baseball team is the same Tom Monaghan.



"From salad dressings all blessings flow," says ***Paul Newman***, whose Newman's Own food company has raised $9 million for charities.

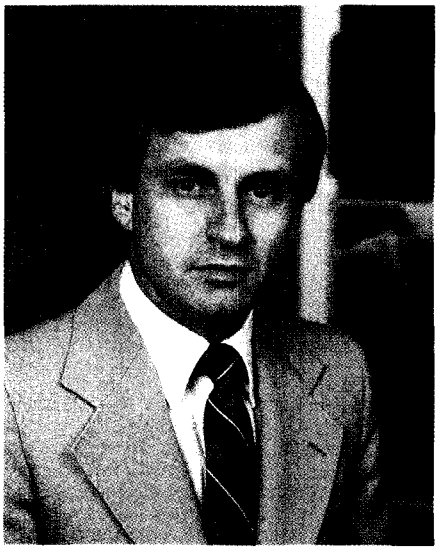
One blessing will be the Hole in the Wall Gang Summer Camp for some 360 seriously and terminally ill children ages 7 to 17. "This was the best idea he's had in a long time, and he's had many," says Joanne Woodward, Newman's wife of 29 years.



The committee conferring the Albert Schweitzer Medal for Artistry (for contributions to the Broadway musical) caught up with ***Mary Martin***—in her motel room in Fort Lauderdale, where

she was appearing in a play. Yes, she would accept the nomination and join an elite company that includes Helen Hayes and Gian Carlo Menotti.

And yes, she knows the two people who will present the medal April 8 in Wilmington, North Carolina. They are Larry Hagman, her son, and her daughter, Heller Halliday De Merritt.



Dr. James Curran, of the Centers for Disease Control in Atlanta, would like it known that most major hospitals have the ELISA test for AIDS and that there are some 850 sites where people can receive confidential or even anonymous testing and counseling.

"The authenticated test results are really life-and-death matters," Dr. Curran points out. "Not only for the person tested but for his sexual partner and his child as well."

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

"Finally, protection Mom and I can both live with."

June Allyson

When my mother suffered a stroke, I learned firsthand how hard a caregiver's role is. Maybe the hardest thing of all is coping with the leakage accidents that so often occur. But with new Depend fitted briefs, we don't have to worry about accidents. At last, there's a brief with protection we can live with.

Only Depend fitted briefs have elastic at the waist and legs for a snug, comfortable fit. A better fit means better leakage protection. And that makes life a lot easier for both of us.

If someone you love has a heavy bladder control problem, try new Depend fitted briefs in regular or large size. For less severe problems, try Depend undergarments and shields. Call 1-800-2-DEPEND for a free sample.

New DEPEND® Fitted Briefs.

Because a better fit means better protection.

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

© 1987 The Walt Disney Company

(Shown much smaller than actual size of 16" high.)

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

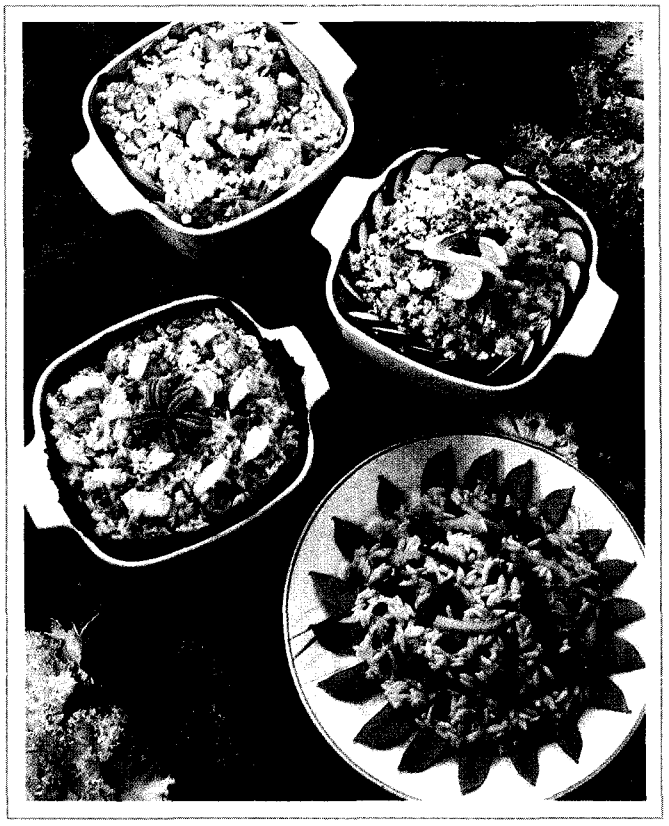
SPRIGHTLY SPRING SALADS

Use your microwave in a fresh new way of making lighter and healthier salads and dressings.

by Jacquelyn Nyenhuis

You see salads in restaurants, pizza parlors, even fast-food stands—Americans everywhere are lining up at salad bars for these low-calorie, nutritious meals. But salads can be so much more than a hodgepodge of lettuce and vegetables, and the new demand for inventive salads has led to creative combinations of seafood, pasta, fruits, and dressings.

Though the popularity of most salads comes from their reputation for low-fat ingredients, there are times a *high*-fat salad may be best. The key is finding the right fat: several of the following recipes include fish high in omega-3 fatty acids, which may protect against heart disease. Salmon, mackerel, and catfish have more omega-3 fatty acids (along with more of vitamins A and D) than their leaner cousins, such as orange ruffie, perch, and flounder.



Spring salads (clockwise from top) include: Island Barley with Shrimp and Scallops, Spicy Bulgur and Tofu, Oriental Black Bean and Orzo, and Chicken Rice with Creamy Chutney Dressing.

Sugar and undesirable fats can be minimized in such salads as Cabbage with Poppy-Seed Dressing by using pineapple juice as a base.

Homemade salad dressings are made effortlessly in the microwave. Small quantities can be microwaved in the same one-cup glass measure used to measure the ingredients. Stirring once or twice during microwaving ensures a smooth dressing. If you forget to stir and lumps form, blend the dressing for a minute in a blender or food processor and cook the dressing in the microwave 1 to 1½ minutes longer.

Jícama with Raspberry Dressing requires very little cooking—just a minute or two to thaw the frozen raspberries. Jícama, a root vegetable that looks something like a brown-skinned rutabaga, is slightly sweet with a texture similar to a firm apple. The jícama is best when chilled and grated. Puréed raspberries with seasonings make up the dressing to spoon over the jícama.

It's crayfish season, and this feisty little crustacean is featured in a Louisiana favorite with a rémoulade dressing. Most large grocery stores across the country carry crayfish tails from March through early summer. If live crayfish are available, plunge them into boiling water. Bring the water back to a boil, and simmer five to ten minutes until the crayfish tails are tender. This step can be done in the microwave if only a few crayfish are going to be prepared, but the Cajun method—an outdoor boiling pot—is recommended for preparing a large quantity.

Herb Fillet Salad

(Makes 4 servings)

8 ounces bow noodles
8 ounces fish fillets
2 cups chopped tomato
½ cup chopped celery
¼ cup chopped scallions
¼ cup fresh snipped parsley
1 tablespoon cooking oil
2 teaspoons dill weed
2 tablespoons red vinegar
1 tablespoon Parmesan cheese
2 cloves garlic, chopped
½ teaspoon black pepper

Prepare bow noodles as directed on package. Microwave fillets at High (100%) in 1-quart, covered casserole until tender (2-3 minutes); rearrange once. Combine pasta with remaining ingredients and toss lightly to coat. Cut fish into 1" pieces and gently mix with pasta and dressing.

Conventional preparation: Place fillets on foil and dot with 1 tablespoon butter. Place under broiler and cook until fish flakes easily with fork. Continue as directed in microwave recipe.

Cabbage with Poppy-Seed Dressing

(Makes 8 servings)

1 cup pineapple juice
1 tablespoon cornstarch
2 teaspoons grated orange rind
1 tablespoon poppy seeds
2 tablespoons minced onion
2 cups shredded green cabbage
2 cups shredded red cabbage

Combine pineapple juice, cornstarch, orange rind, poppy seeds, and onion in 2-cup glass measure. Microwave at High (100%) until slightly thickened (2-3 minutes); stir twice. Cool; toss with cabbage.

Conventional preparation: Com-

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

bine first 5 ingredients in small saucepan. Cook over low heat until mixture boils and thickens; stir constantly. Continue as directed in microwave recipe.

Jícama with Raspberry Dressing
(Makes 6 servings)

1 cup frozen raspberries
½ cup yogurt
1 tablespoon brown sugar
½ teaspoon ginger
½ teaspoon almond extract
1 medium jícama, grated

Microwave raspberries at High (100%) in small mixing bowl until thawed (2-3 minutes). Purée raspberries in food processor or blender until smooth. Stir in yogurt, brown sugar, ginger, and almond extract. To serve, place spoonful of grated jícama on lettuce-lined serving plate and top with dressing.

Conventional preparation: Thaw raspberries at room temperature for several hours or in refrigerator overnight. Continue as directed in microwave recipe.

Crayfish Rémoulade
(Makes 8 servings)

1 shallot, minced
¼ cup Dijon mustard
½ teaspoon dry mustard
⅛ teaspoon pepper
2 egg yolks
¼ cup water
2 tablespoons tarragon vinegar
2 tablespoons cooking oil
2 tablespoons minced parsley
1 teaspoon tarragon leaves
½ teaspoon dill weed
2 pounds crayfish tails
Lemon slices for garnish

Process first 5 ingredients in food processor or blender until smooth. Microwave water and vinegar at High (100%) in 1-cup glass measure until boiling (1-2 minutes). With processor running, add water and vinegar mixture in steady stream. Add cooking oil similarly. Add parsley, tarragon, and dill; process until mixture is smooth. Refrigerate until serving time.

Microwave crayfish tails at High (100%) in 1-quart, covered casserole until heated (4-5 minutes). To serve, arrange several crayfish tails on lettuce-lined serving dishes; top with sauce and garnish with lemon slices.

Conventional preparation: Heat water and vinegar in small saucepan until boiling; continue as directed in microwave recipe. Melt 1 tablespoon butter or margarine in small skillet; stir-fry crayfish tails until heated.

Wild Rice and Salmon Salad
(Makes 4 servings)

½ cup wild rice
1¼ cups chicken broth
1 cup shredded carrot

1 can (6¾ oz.) pink salmon
1 medium cucumber, chopped
½ cup low-fat, plain yogurt
1 teaspoon dill weed
1 teaspoon Dijon mustard
½ teaspoon lemon juice
4 medium tomatoes

Combine rice and chicken broth in 2-quart casserole; cover. Microwave at High (100%) until boiling (3-4 minutes); then microwave at Medium (50%) until rice is tender (35-45 minutes). Add carrot; cover and let stand until cool. Stir in remaining ingredients except tomatoes. Cut each tomato into 8 wedges without cutting completely through tomato. Gently pull apart wedges and place on lettuce-lined serving plate. Fill center of tomato with salad mixture.

Conventional preparation: Combine rice and chicken broth in medium saucepan; cover. Bring to boil, and reduce heat to simmer. Continue cooking 35-40 minutes or until rice is tender. Continue as directed in microwave recipe.

Island Barley Salad with Shrimp and Scallops
(Makes 5 servings)

1 can (14½ oz.) Swanson® Clear Ready to Serve Chicken Broth
1 tablespoon lemon juice
1 small clove garlic, minced
4 ounces medium shrimp, shelled and deveined
4 ounces bay scallops
1 teaspoon Dijon mustard
½ cup pearled barley
1 cup thinly sliced broccoli stems
½ cup whole-kernel golden corn
¼ cup sliced celery
1 tablespoon chopped chives

In 3-quart casserole, combine ¼ cup of broth, lemon juice, and garlic. Add shrimp and scallops; cover. Microwave on High (100%) 1½ minutes or until shrimp are pink and scallops are opaque. Transfer shrimp mixture to small bowl; stir in mustard. Cover; set aside. In same casserole, combine remaining broth and barley. Cover tightly. Microwave on High 5 minutes; reduce power to Medium (50%) and microwave 20 minutes or until liquid is absorbed. Add reserved shrimp mixture, broccoli, corn, celery, and chives; toss to mix well. Cover; refrigerate at least 4 hours before serving.

Spicy Bulgur and Tofu Salad
(Makes 6 servings)

1 can (14½ oz.) Swanson Clear Ready to Serve Chicken Broth
1 cup bulgur
3 tablespoons lemon juice
3 tablespoons vinegar
3 tablespoons olive oil
1 cup diced zucchini
½ cup crumbled tofu
½ cup sliced green onions
½ cup finely chopped fresh coriander
½ cup chopped fresh parsley

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

1 teaspoon finely chopped jalapeño pepper

In 3-quart microwave-safe casserole, combine broth and bulgur. Cover tightly. Microwave on High (100%) 4 minutes. Reduce power to Medium (50%); microwave 10 minutes or until liquid is absorbed. Stir in remaining ingredients; toss to mix well. Cover; refrigerate at least 4 hours before serving.

Chicken Rice Salad with Creamy Chutney Dressing
(Makes 6 servings)

1 can (14½ oz.) Swanson Clear Ready to Serve Chicken Broth
⅓ cup chutney
1 tablespoon mayonnaise
½ teaspoon curry powder
⅛ teaspoon finely grated lime rind
1 whole chicken breast, split, skinned, and boned (about ½ pound boneless)
¾ cup regular uncooked rice
½ cup peas
¼ cup chopped toasted pecans
Pecan halves for garnish

In small bowl, prepare dressing by stirring ¼ cup broth, chutney, mayonnaise, curry powder, and lime rind; set aside. In 3-quart, covered casserole, microwave chicken on High (100%) 4 minutes or until chicken is tender when tested with fork; rearrange chicken once during cooking. Remove from casserole; set aside. In same casserole, combine remaining broth and rice. Cover tightly. Microwave on High 4 minutes or until boiling. Reduce power to Medium (50%); microwave 10 minutes. Stir in peas. Let stand, covered, 5 minutes or until liquid is absorbed. Cut chicken into bite-size pieces. Add chicken, chopped pecans, and dressing to rice mixture; toss to mix well. Cover; refrigerate at least 4 hours before serving. Garnish with pecan halves.

Oriental Black Bean and Orzo Salad
(Makes 5 servings)

1 can (14½ oz.) Swanson Clear Ready to Serve Chicken Broth
2 tablespoons salad oil
2 tablespoons rice-wine vinegar
¼ teaspoon grated fresh ginger
¼ teaspoon hot-pepper sauce
⅛ teaspoon sesame oil
¾ cup uncooked orzo (rice-shaped pasta)
1 cup canned black beans, rinsed and drained
½ cup red or yellow pepper, cut in 1" strips
¼ cup snow peas, cut in half diagonally
2 tablespoons chopped red onion

In small bowl, stir together ¼ cup broth, salad oil, vinegar, ginger, hot pepper sauce, and sesame oil. Set aside. In 3-quart casserole, combine remaining broth and orzo. Cover tightly and microwave on High (100%) 5 minutes or until boiling; stir. Microwave on Medium (50%) 10 minutes; stir once. Let stand 5 minutes. Rinse in colander and return to casserole. Add beans, pepper, snow peas, onion, and dressing; toss to mix well. Cover; refrigerate at least 4 hours before serving.

WITH LIBBY'S SALMON, QUALITY IS ONLY NATURAL.
Libby's
Libby's
Libby's
Pacific
PINK SALMON
For generations, the Libby's label has stood for quality. That's why Libby's selects only fine, firm salmon that meets our rigid standards for flavor and quality . . . standards that have been maintained for over 70 years. What's more, Libby's Salmon is packed in its own natural, nutritious oils — while some others are simply packed in water. So with Libby's Salmon, quality is only natural.

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

FOOD

THE UNCOMMON ARTICHOKE

Tasty and low in calories, the bud of this perennial thistle plant carries more culinary clout than the typical garden-variety vegetable.

by Habeeb Salloum

Artichokes have been popular in Europe since Roman times, yet they have never quite caught on in everyday American cooking. Why this is so is a mystery, for artichokes are readily available. California produces almost 70 million pounds of artichokes a year, and the small town of Castroville in northern California claims to be the "Artichoke Capital of the World."

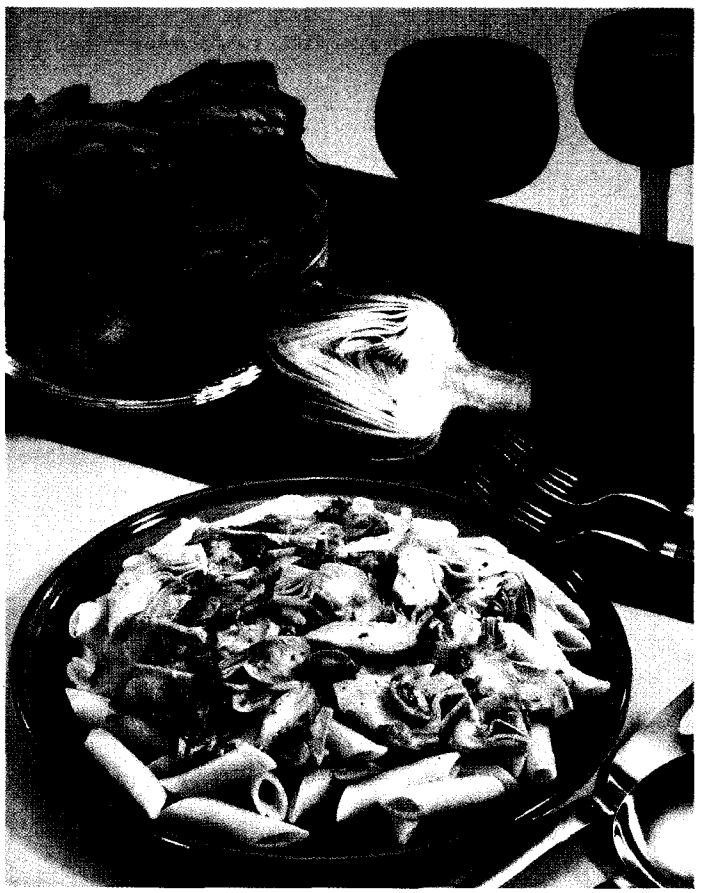
Castrovillians can tell you that artichokes are good for just about any course, except dessert. Bake them, boil them, fry them, eat them preserved or stuffed, serve them cooked or raw in salads and as hors d'oeuvre. But don't confuse them with Jerusalem artichokes, which in reality are not artichokes at all, but tuberous roots of the sunflower plant.

The commonly eaten globe artichoke is actually the bud of a perennial thistle-like plant (*Cynara Scolymus*) that flourishes in warm, sunny climates and rich, well-drained soil.

The tender, meaty hearts of artichokes, high in magnesium, vitamin C, folic acid, potassium, and dietary fiber, are also a source of calcium and iron. High in nutrients, artichokes are low in sodium and have no cholesterol or fat. Cholesterol and saturated fat levels can be kept to a minimum by using artichokes canned in water instead of oil and by cooking with such vegetable oils as corn, safflower, and sunflower oils. A freshly cooked medium bud has only about 15 calories, although the calorie count increases when artichokes are stored.

In the past, artichokes enjoyed a reputation as an aphrodisiac, but their benefits in this area were probably exaggerated. Artichokes are, however, one of the few foods Miss Manners allows to be eaten with the fingers.

If cut with some stem, artichokes will remain fresh for more than two weeks. However, when trimmed, they discolor quickly. To preserve their appetizing appearance, they must be placed in a solution of lemon juice while awaiting cooking. Canned and frozen artichokes require no such preparation.



Serve Pasta with Sautéed Artichokes as an appetizer or as an accompaniment to grilled chicken, seafoods, or meats; you may also wish to use it as a main course for a light meal.

How to Prepare Artichokes

Place each artichoke on its side and slice off the stem to create a flat bottom surface. Next, cut approximately one inch off the top leaves and trim the tips of the remaining outer leaves with kitchen shears. Rub all the cut areas with lemon to prevent them from turning brown. Place the artichokes in a large bowl filled with water and add a few tablespoons of vinegar or lemon juice.

Open the center of each artichoke by pushing the leaves apart. You may want to place the artichoke upside down on the counter and press on the bottom with both hands. Then remove the fuzzy "choke" from the center with a spoon. When all the artichokes are prepared, take them out of the water. They are then ready for use in any of the following recipes.

Pasta with Sautéed Artichokes

(Makes 2 to 4 servings)

1 California artichoke
Lemon juice
2 to 3 tablespoons olive

continued on following page

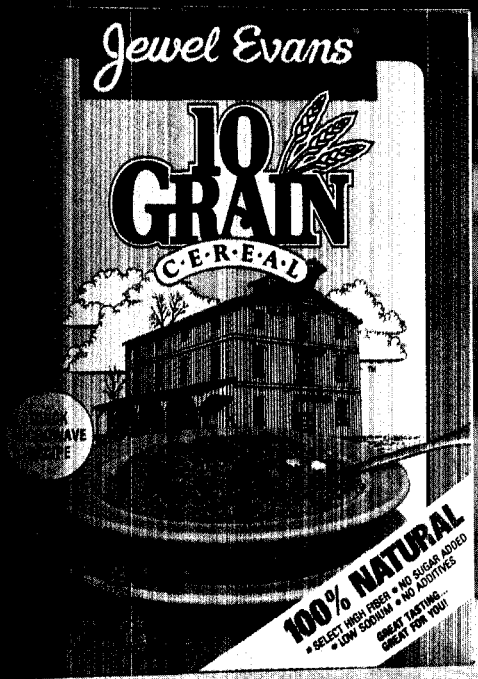
PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

COOK UP A DEFENSE AGAINST CANCER

The American Cancer Society Says . . .

"There is evidence that diet and cancer are related."

"...whole grain cereals may help lower the risk of colorectal cancer."



High Fiber
Great Tasting
Low Sodium
No Sugar Added

Jewel Evans 10 grain cereal has than any other high fiber cereal on today's market. Just ask your doctor . . . fiber is an important element in reducing the risk of colorectal and other types of cancer. Stone-ground the old-fashioned way to preserve all the fiber and nutrients, Jewel Evans hearty 10 grain cereal is a great tasting way to maintain a healthier diet!

By itself, or in recipes,

Please send me _____ box(s) of Jewel Evans 10 grain cereal at $2.99 each, plus $1.00 for shipping and handling. Canada, add $2.50 for shipping and handling.
Enclosed is my check or money order for $_____, payable to Jewel Evans Family Foods, Inc.
Or charge credit card: ☐ Visa ☐ Mastercard

Bank Name _____

Card Number _____ Exp. Date _____

Signature _____

Name _____
(please print)

Address _____

City _____ State _____

Zip _____

Ohio residents, please add sales tax. Offer valid in U.S. and Canada, payable in U.S. funds only. ... Ohio

Mail to: ...

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

oil, butter, or margarine
1 cup sliced mushrooms
2 tablespoons dry white wine, if desired
¼ cup thinly sliced green onion
½ teaspoon crushed basil
Salt or salt substitute
4 ounces mostaccioli or other tubular pasta, cooked, drained, and hot
Grated Parmesan cheese
Cracked pepper

Bend back outer petals of artichoke until they snap off easily near base. Edible portion of petal should remain on artichoke heart. Continue to snap off and discard thick petals until central core of pale green petals is reached. Cut off top 2" of artichoke; discard. Cut off stem; reserve. Trim outer dark green layer from artichoke bottom and stem; rub all surfaces with lemon juice to prevent discoloration. Quarter artichoke lengthwise. Remove center petals and choke; discard. Rub again with lemon juice. Cut artichoke and stem into very thin lengthwise slices. Heat oil in large skillet over medium heat. Add artichoke and mushrooms; cook 2 minutes. Add wine, green onion, and basil; simmer, covered, about 5 minutes or until liquid has evaporated and artichokes are tender. Add salt to taste. Serve over hot pasta; sprinkle with Parmesan cheese and cracked pepper.

Chicken Paella
(Makes 4 servings)

6 ounces sliced chorizo or Italian sausage
1 medium onion, chopped
1 small sweet red or green pepper, cut into chunks
1 clove garlic, minced
3 chicken breasts, halved
Salt or salt substitute
Pepper
¾ cup long-grain rice
1½ teaspoons instant chicken-bouillon granules
¼ teaspoon ground turmeric
3 cups hot water
4 baby carrots or 3" carrot chunks
1 package (10 oz.) frozen peas
1 package (9 oz.) frozen artichoke hearts
1 cup large pitted ripe olives, drained
6 cherry tomatoes, halved

In 12" skillet or Dutch oven, cook sausage, onion, pepper, and garlic until sausage is brown and onion and pepper are tender. Drain, reserving drippings in pan; set sausage mixture aside. Season chicken with salt and pepper. Brown in reserved drippings; remove from skillet. Stir in uncooked rice, bouillon granules, turmeric, and water; bring to boil. Add sausage mixture and carrots. Arrange chicken atop. Reduce heat; cover and simmer 20 minutes.

Rinse peas and artichokes under hot tap water to separate. Arrange atop chicken. Cover and cook 15 to 17 minutes more or until rice and chicken are tender. Add olives and tomatoes; heat through.

Artichoke Appetizer
(Makes about 4 servings)

2 cans artichoke hearts (14 oz. each), drained and quartered
2 tablespoons lemon juice
2 tablespoons olive oil
2 tablespoons finely chopped fresh coriander leaves or parsley
1 clove garlic, crushed
¼ teaspoon salt or salt substitute
¼ teaspoon pepper
Pinch of cayenne

Place artichoke hearts in serving bowl; set aside. Mix all remaining ingredients. Pour over hearts and toss just before serving as an appetizer or for snacks.

Artichoke-and-Tomato Salad
(Makes 4-6 servings)

2 cans artichoke hearts (14 oz. each), drained and quartered
2 large firm ripe tomatoes, cut into ½" cubes
2 small cans anchovies (1.75 oz. each), cut into small pieces, with oil reserved
2 tablespoons finely chopped fresh coriander leaves or parsley
2 tablespoons olive oil
2 tablespoons lemon juice
¼ teaspoon pepper
¼ cup pitted and halved green olives

Artichokes and ripe olives lend added flair and flavor to Chicken Paella, a colorful Spanish dish that's delicious served with crusty bread and a tossed salad.

Place artichoke hearts and tomatoes in salad bowl and gently mix; set aside. Mix remaining ingredients except olives, including reserved anchovy oil; pour over artichokes and tomatoes and toss. Decorate with olives and serve.

Artichokes and Mushrooms
(Makes about 4 servings)

2 tablespoons olive oil
½ pound washed and sliced mushrooms
2 cloves garlic, crushed
1 can artichokes (14 oz.), drained and quartered
½ teaspoon savory
¼ teaspoon pepper
¼ teaspoon thyme
¼ teaspoon salt or salt substitute
1 tablespoon chopped parsley

In frying pan, heat olive oil and sauté mushrooms with garlic over medium heat about 8 minutes. Add artichokes and sprinkle with savory, pepper, thyme, and salt. Stir-fry 5 min-

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

utes. Place on serving platter, decorate with parsley, and serve.

Artichoke Vegetable Stew
(Makes 4-6 servings)

2 tablespoons cooking oil
1 medium onion, chopped
4 cloves garlic, crushed
4 medium tomatoes, chopped
2 large carrots, scraped and finely chopped
1 teaspoon thyme
½ teaspoon salt or salt substitute
½ teaspoon pepper
¼ teaspoon allspice
2 cups water
¼ cup rinsed rice
1 can artichoke hearts (14 oz.), quartered, with water reserved
1 tablespoon finely chopped fresh mint

In saucepan, heat oil and sauté onion and garlic over medium heat 10 minutes. Add tomatoes and sauté 5 more minutes. Add carrots, thyme, salt, pepper, allspice, and water. Bring to boil; cover and cook over medium heat 40 minutes. Add rice and artichokes with their water. Cook 20 more minutes; stir occasionally and add water if necessary. Stir in mint and serve hot.

Artichoke-and-Vegetable Casserole
(Makes 6-8 servings)

6 potatoes about 3" long, peeled and cut into ¼" slices
2 cans artichoke hearts (14 oz. each), halved, with water reserved
2 medium onions, thinly sliced
2 large carrots, scraped and sliced into thin rounds
4 tablespoons finely chopped fresh coriander leaves or parsley
1 small hot pepper, finely chopped
4 cloves garlic, crushed
½ teaspoon salt or salt substitute
½ teaspoon pepper
¼ teaspoon allspice
2 tablespoons cooking oil
3 cups tomato juice

Place half the potato slices evenly on bottom of casserole. Top with artichokes, onions, and carrots; set aside. Mix coriander leaves or parsley, hot pepper, garlic, salt, pepper, allspice, and oil. Pour evenly over vegetables in casserole. Top with remaining potatoes. Pour on tomato juice and enough water to cover potatoes. Cover and bake in 350° F. preheated oven 1 hour or until vegetables are done. Serve hot.

Lobster-Stuffed Baked Artichokes
(Makes 4-6 servings)

12 fresh artichokes, washed, with stems removed
4 tablespoons lemon juice
6 cloves garlic, crushed
2 cans lobster meat (4 oz. each)
1 cup chopped feta cheese
1 cup finely chopped green onions
4 tablespoons finely chopped parsley
4 tablespoons olive oil
½ teaspoon salt or salt substitute
¼ teaspoon pepper
Pinch of cayenne

Remove loose leaves from outside of artichokes; trim remaining leaves ½" from top. Place in pot; cover with water. Add half the lemon juice and half the garlic; boil 20 minutes. Drain; remove center leaves and chokes. Set aside.

For filling, mix remaining ingredients, including remaining lemon juice and garlic. Fill artichokes and place side by side in baking pan. Fill pan ½" deep with water and bake in 350° F. preheated oven 45 minutes.

THE BEST TASTING PANCAKES IN THE WORLD ARE BLUE

It's true—the best tasting pancakes you've ever tasted are actually blue. They're almost as much fun to make as they are to eat, and Blue Heaven Pancake and Waffle Mix from Arrowhead Mills is really nutritious too.

The Native Americans of the Southwest ate Blue Corn long before the yellow corn we're all familiar with. This ancient variety of maize, that's actually a striking blue-violet color, is 21% higher in protein than its yellow cousin, and it's high in lysine and rich in minerals, like calcium and phosphorus.

Blue Heaven Pancake and Waffle Mix makes the most wonderful, wholesome, whole grain; yet deliciously light and taste tempting, fun breakfast you've ever enjoyed! You've just got to try them.

Arrowhead Mills®

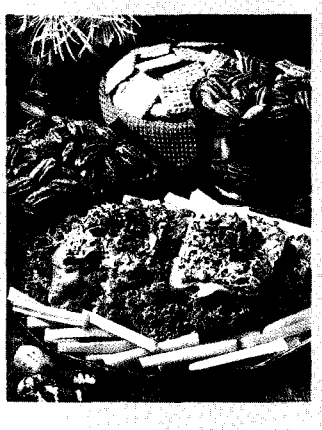
Arrowhead Mills, Inc., Box 2059, Hereford, TX 79045 (806) 364-0730

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

A Cracking Good Offer... T

More than a few of us at The Saturday Evening Post *have incurred the label of "health nut." Nor will we argue the point. But the true health nut is the pecan.*

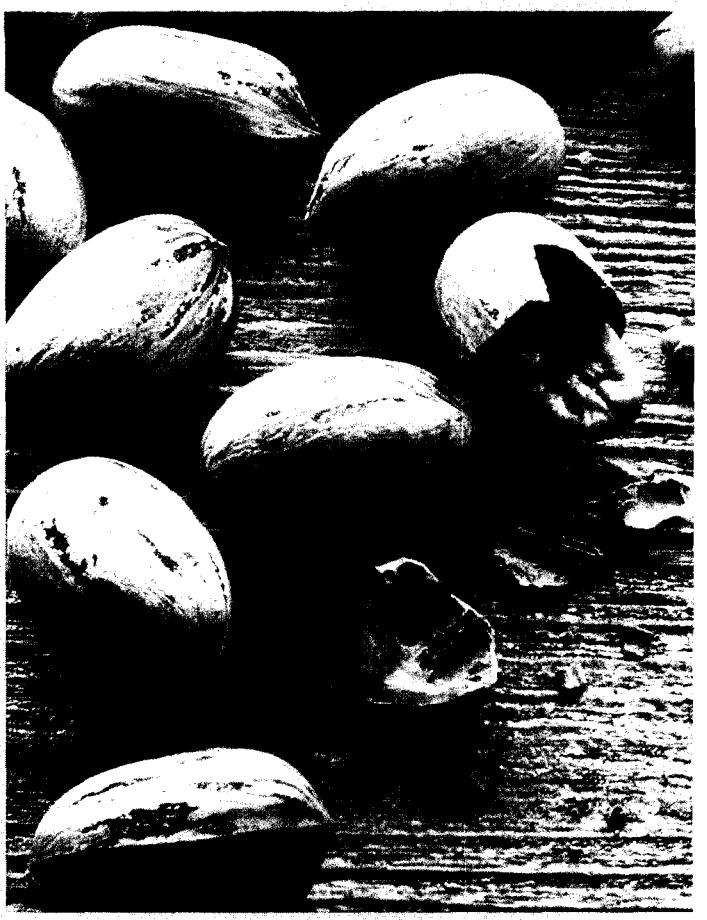
Besides being loaded with protein, vitamin A, phosphorus, potassium, and magnesium, pecans also have a high content of zinc. And zinc, among other benefits, is thought by some to help spare men the prostate problem that recently afflicted our president, and yearly besets thousands of other males over the age of 50.



We can't vouch for protecting your prostate, but we can vouch that our pecans have been grown in Theo Bean's pecan groves in Thomaston, Georgia, where his trees are amply fertilized with large amounts of zinc.

Zinc has been called the "mineral for all reasons" for—well, for good reason. "Zinc is an essential trace element, vital to life," as one noted doctor points out. "It's part of RNA and DNA—it's in every cell in the body."

So. . .for the good health of each new member who joins our burgeoning international family of readers, we are offering a 13¼-ounce bag of unshelled, current-crop pecans FREE when you shell out only $12.97 for a full year's subscription to the *Post*. (Of course two years at $23.97 is an even better bargain, and $32.97 for three years is the best deal of all.) We'll even throw in pecan recipes that will have you reading your first issue of the *Post* in the kitchen.



Not until you crack the pages of this all-American family magazine will you begin to appreciate its true value. Defining the meat of the *Post*

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

he Post and FREE Pecans!

is not easy. Ask our millions of readers and you'll hear argument that it's the in-depth articles on health...or travel...or religion...or sports...or food...or public personalities. Some would claim the fiction...others the humor...still others the games and the puzzles and the quizzes.

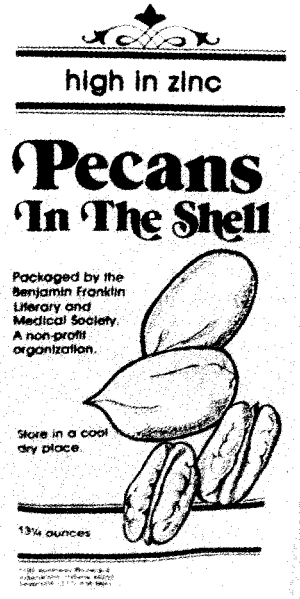
Whatever your choice may be, be

assured that it will be presented in good taste—as good as the FREE pecans and the recipes you'll be turning them into.

Just fill out the card or coupon *today*, and we'll start the *Post* and the pecans on their way. Your health deserves both.

FREE PECANS

with each paid subscription.


high in zinc
Pecans
In The Shell
Packaged by the Benjamin Franklin Literary and Medical Society. A non-profit organization.
Store in a cool dry place.
13¼ ounces

☐ 1 year (9 issues)—$12.97
☐ 2 years (18 issues)—$23.97
☐ 3 years (27 issues)—$32.97

The Saturday Evening Post Society
P.O. Box 10675
Des Moines, IA 50336

FREE bag of pecans with paid subscription or renewal

☐ Enclosed check/money order ☐ Bill me later
☐ VISA ☐ MasterCard Expire date _____
Account no. _____
Signature _____
My name _____
Address _____
City _____ State _____ Zip _____
☐ Send subscription to my name.
☐ 1 year ☐ 2 years ☐ 3 years ☐ Renewal ☐ New
Gift name _____
Address _____
City _____ State _____ Zip _____
☐ 1 year ☐ 2 years ☐ 3 years ☐ Renewal ☐ New
Outside U.S. add $5 postage per year. U.S. currency only. 337000

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

TOOTH OR CONSEQUENCES: WHAT TO DO IN A DENTAL EMERGENCY

Dentists can now reimplant teeth that are knocked out and fix broken ones to look as good as new.

by David O. Born

A dentist friend tells the story of a client who called in panic when her son fell off his bicycle and knocked out one of his teeth.

"Put the tooth under the tongue and bring him into the office as soon as possible," the dentist instructed her.

A short time later, with the tearful youngster in his office, the dentist lifted the boy's tongue and looked under one side, then the other. No tooth could be found. "Have you swallowed your tooth?" he asked.

"No," the mother spoke up. "How could he swallow it? It's right here." And she removed the tooth from under her tongue.

Although humorous, the story points out how seriously muddled people can become in emergencies. When dental accidents happen, acting quickly and correctly can make an important difference.

Dental emergencies can take several forms, ranging from the excruciating pain of an abscessed tooth in the middle of the night to multiple fractures of the jaw resulting from an automobile accident.

Dr. Mark Jaspers, the head of the Department of Oral and Maxillofacial Surgery at the University of Minnesota School of Dentistry, notes that the most common dental emergencies are ordinary toothaches and soft-tissue infections. "Often, when the wisdom teeth are coming in, there will be a flap of gum tissue over the crown of the tooth during eruption. It's fairly common for this flap of skin to become infected and inflamed," he says. The resulting pain can be severe, and if the infection spreads to other facial tissue, the problem can be serious.

Chuck Untersee

Don't dawdle with a knocked-out or broken tooth; just get the patient and tooth to the nearest dentist immediately.

"At the first sign of unusual pain, people should call their dentist. If the problem is particularly severe or complicated, the family dentist may call in a specialist, but as a rule, general dentists are pretty well-equipped to handle most emergencies. The important point," Jaspers stresses, "is that putting off a visit to the dentist's office only leads to more problems."

Before you get to the dentist, you can take a few steps to alleviate pain. In the case of toothache or infection in the mouth, keep the patient's head elevated to lower the blood pressure and rinse his mouth thoroughly with warm salt water to cleanse the affected area. Minor painkillers, such as aspirin, acetaminophen, or ibuprofen, may be helpful as well. Dentists advise against the once-common practice of crushing aspirin around the tooth, because aspirin, an acid, can burn the gums and harm the teeth.

Physical injury to the mouth from such incidents as falls, automobile accidents, or contact sports is another frequent cause of dental emergencies. When teeth were broken 30 years ago, dentists typically cauterized the nerve and the blood vessels and dismissed the patient. Recently, however, a variety of new materials and techniques has made it possible for the dentist to restore a broken tooth to normal, often in a single visit.

Bonding is a technique in which composite resins, or tooth-colored plastics, are painted onto the surface of the tooth. Dried with a special light, the composite is then shaped and polished until it matches the patient's other teeth. Bonding is widely used to repair chipped and broken teeth, to mask various dental defects, and to narrow gaps between teeth. The process is fast and painless. With proper care, the bonding will last three to five years, and it can be replaced.

A related procedure uses porcelain laminates to rebuild the damaged tooth. More complicated and costly, laminating is irreversible. The resulting restoration is much stronger than composite resin, and the color of the tooth is more stable.

Several types of crowns also help dentists repair broken teeth. Stainless steel, ceramics, and gold are all used to reconstruct the surface of the tooth. Several visits to the dentist are necessary and the cost is higher than that of other tooth repairs, but the

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

result is a nearly normal tooth that will last many years.

When it comes to whole missing teeth, dentists are often able to work a minor miracle: implanting the tooth back in the mouth, where it remains vital and functional. But for the process to be successful, the patient must act quickly, following these steps:

1. Pick up the tooth (with clean hands) by the crown—do not touch the roots if you can avoid it.
2. Gently rinse the tooth in water or milk.
3. Replace the tooth in its socket, if you can. If not, place the tooth under the patient's tongue or next to his cheek. If for some reason you can't place the tooth in the patient's mouth, keep it in a glass of water or milk or wrap it in a moistened paper towel.
4. Get the patient (and the tooth) to a dentist within 30 minutes, if possible. (Virtually every dentist will see an emergency case immediately.)

If the original tooth is usable, your dentist may be able to reposition the tooth and secure it in place. Many dental specialists are also able to perform dental implants, a procedure in which a small metal post is inserted in the jawbone and an artificial tooth is built up and mounted on the post. This technique is not recommended in all cases, but when appropriate, it has been very successful. Replacing teeth that have been knocked out is especially important in children to maintain the natural spacing of teeth in the jaw and to help prevent orthodontic problems later in life.

The age of the patient has much to do with the long-term prognosis for a replaced tooth, says Dr. James Jensen, associate dean at the University of Minnesota School of Dentistry and an internationally known endodontist. "A permanent tooth placed back in the mouth of a child, when the bones and other tissues are still growing, may last many years. The older the patient, however, the greater the probability that the tooth will be resorbed or rejected by the body. If a tooth that's been replaced in an adult lasts more than two or three years, I'd consider the patient lucky."

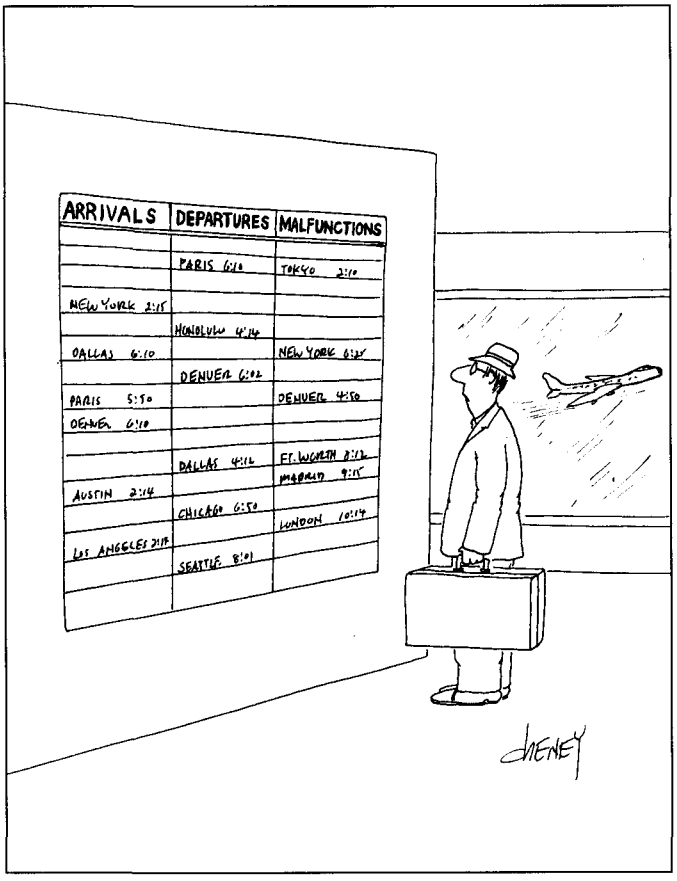
Jensen notes that dental emergencies resulting from contact sports are decreasing in frequency. "I can remember one two-week period 20 years ago when I saw 20 to 25 kids who had dental injuries from hockey sticks. Dentists and coaches have promoted mouth guards and helmets, and they have really saved a lot of teeth.

"Dentists have been able to prevent a lot of dental disease with fluoride," Jensen says, "but there's not much we can do to prevent dental emergencies. Mouth guards and good advice are about all we have to offer."

The advice?

1. Don't chew on pencils, hairpins, or other hard objects.
2. Don't use toothpicks with strong pressure.
3. Don't bite on such hard substances as ice, popcorn kernels, unshelled nuts, or plastic.
4. Avoid grinding your teeth.
5. Remember that acid weakens teeth. Such practices as sucking on lemons and chewing vitamin C tablets or aspirin should be avoided.
6. When participating in contact sports or other dangerous activities, wear a custom-made mouth guard.
7. Wear seat belts when riding in automobiles.

Following this advice and cautioning children to play safely are about all that can be done to prevent dental accidents. When accidents do occur, your family dentist can do much to restore your teeth and give you something to smile about once again.



This announcement is neither an offer to sell nor a solicitation of an offer to buy any of these securities. The offer is made only by prospectus, copies of which may be obtained in any state in which these securities may be lawfully offered in compliance with the securities laws of such states.

RADON TESTING CORPORATION OF AMERICA, INC.

Radon Testing Corporation of America, Inc. is a development stage company engaged in the business of providing radon detection services to home inspection agencies, engineers and homeowners. The Company's radon testing system consists of charcoal-based canister detectors which are placed in the home to test for radon and submitted to the Company's laboratory for analysis.

NASDQ SYMBOL-RDON

In New York State Call 914-331-2500
Out Of State Call Toll Free 800-858-0009
800-843-3458

PRESTIGE INVESTORS, INC.

10 WESTBROOK LANE, KINGSTON, N.Y. 12401

☐ Please send a prospectus on Radon Testing Corporation Of America Inc.

Inquiries without phone numbers cannot be processed.

Prestige Investors, Inc.
10 Westbrook Lane
Kingston, New York 12401

Name _____
Address _____
City _____ State _____ Zip _____
Business Phone _____ Home _____

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

VETS ON PETS

DO YOU KNOW YOUR DOGS?

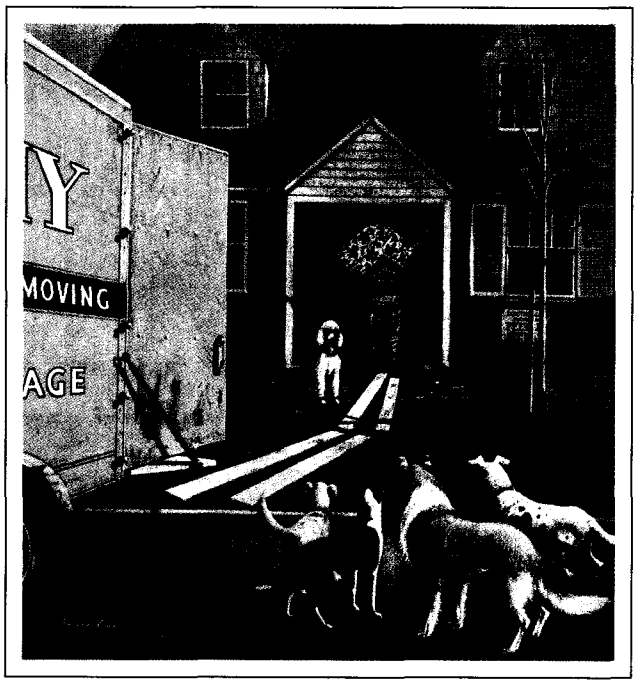
Tracing the family tree of "man's best friend" is no trivial pursuit.

by H. Ellen Whiteley, D.V.M.

A little extra knowledge about the heritage of different dog breeds could save a novice veterinarian from foot-in-mouth syndrome. I'll never forget the reprimand I received for calling Mr. Duroso's new dog, Captain, a black terrier. Captain was the first Schipperke I had ever seen, and had I known that Schipperke means "little captain" in Flemish, I might have escaped embarrassment.

The origins of many modern dog breeds lie far back in ancient times. In Afghanistan, for instance, tradition says Noah chose the Afghan hound (regarded unofficially as the country's national dog) as the breed to take on his ark. The Samoyed of Siberia dates back 8,000 or 9,000 years, and the greyhound was racing across the Egyptian desert 1,500 years before the Pharaohs. The chow chow was bred more than 2,000 years ago, during the Han dynasty of China. The name "chow chow" is said to have been taken from the pidgin-English term for "a little bit of everything." Two well-known chow chows, Blackberry and Tiny Tim, resided with President Calvin Coolidge at the White House.

Many breeds have made very specific adaptations to their native environments. One such dog is the Catahoula hound, or "hog dog," a wonderful animal with glass-blue eyes and webfeet adapted to the swamplands of Catahoula Parish in central Louisiana, where I was reared. Other dogs have been bred to perform specific tasks. Sir Winston Churchill, whose constant companion was a brown poodle named Rufus, often referred to his favorite breed as the "truffle dog" because poodles, like pigs, have a talent for sniffing out truffles, a succulent mushroom that grows mainly in France.



Making the acquaintance of a dog can be a puzzling experience, but with canines, familiarity breeds content.

Every breed has a heritage that can reveal much about a dog's personality, grooming needs, and disease susceptibility. Learning as much as possible about the ancestry of your canine companion will enrich the lives of both pet and owner.

Questions for the Vet

Dear Dr. Whiteley,

I have a five-year-old black lab, named Andy. For over a year, since October 1985, we have had a real foot problem, or rather a toe problem, with him. At his worst, his toes swell up around his nails the size of marbles, and then the toe underneath is swollen. A thick, stringy discharge around each toe hardens into scales. At different times I have scrubbed his feet in Betadine. For three weeks I kept each toe painted with a strong 7 percent iodine. His feet have been soaked in Epsom salt, then in a Clorox solution. For weeks I cleaned the toes and sprayed each with Desenex—then switched over to Tinactin. At times I tried a triple antibiotic ointment pushed around the nail.

He was given Ceclor in January 1986—15 tablets, 500 mg, $35.59—and got no better at all! In September 1986 he was given Grisactin —725 mg, $23.64, for fungus —no good.

He has had ampicillin twice. The second time, taking four pills a day helped and gave us hope, but two toes still had the stringy matter.

We went so far as to have a dewclaw removed and sent to a lab plus have blood work done to see if he has lupus system. No, but the study of the dewclaw showed he had two infections: strep and staph. For this he was given ampicillin and Bactrim tablets—one a day for eight days. His toes quit draining but stayed swollen, and now they are red looking and sore for me to touch. I was told if he takes any more Bactrim it could harm his kidneys. What do I do?

Virginia Ungerer
Brunswick, Georgia

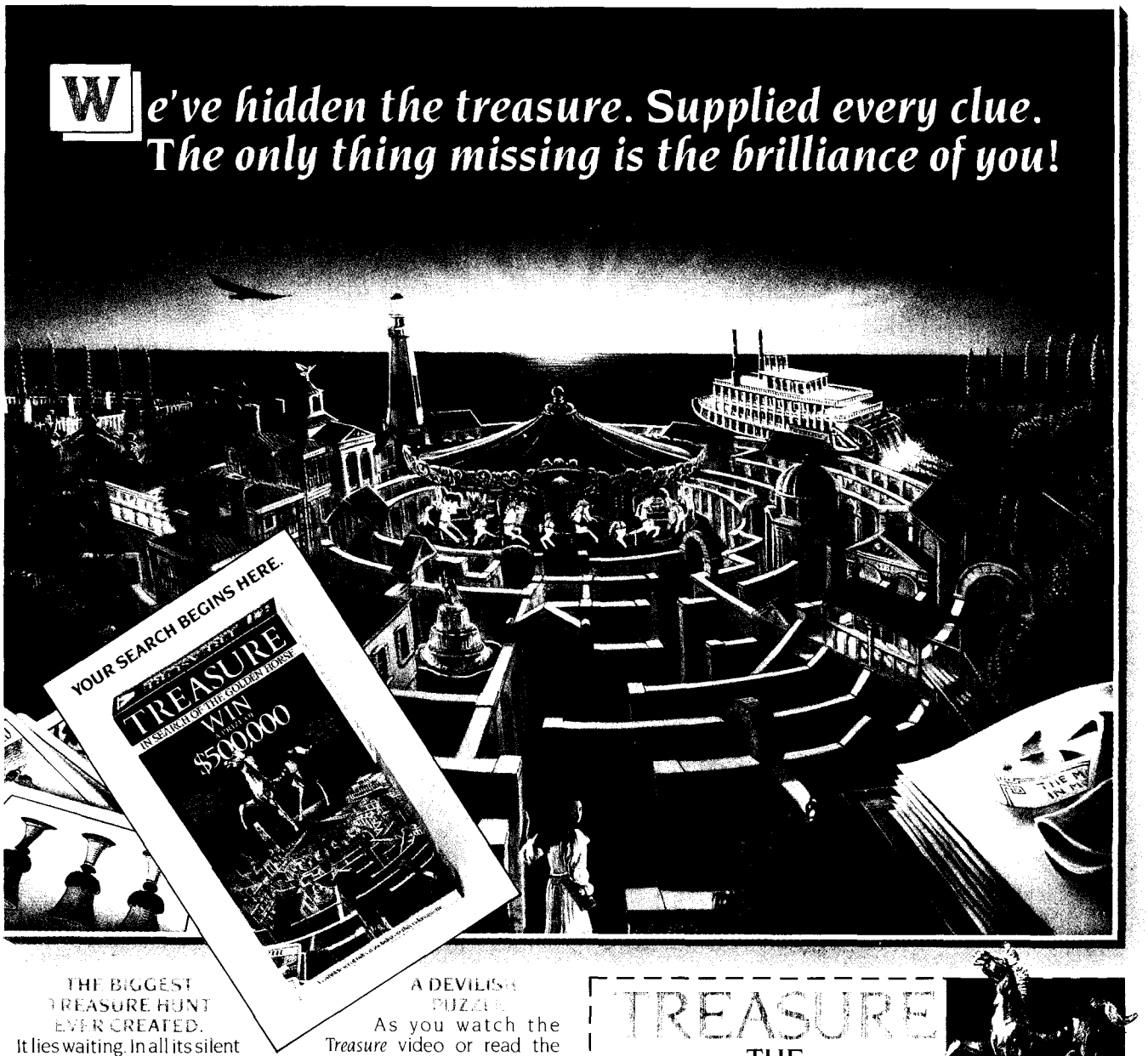
Dear Virginia,

From your letter, I surmise that Andy has a long-standing fungal infection of the nails and surrounding tissues, complicated by a strep and staph bacterial infection. This type of infection is difficult to treat in both humans and animals. Your veterinarian was correct to have culture and antibiotic sensitivity tests performed on the discharge. Apparently, very few antibiotics will fight the infection. Griseofulvin, an antifungal

continued on page 95

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

We've hidden the treasure. Supplied every clue. The only thing missing is the brilliance of you!



THE BIGGEST TREASURE HUNT EVER CREATED.

It lies waiting. In all its silent splendor. A fiery stallion of pure 24 karat gold, weighing 2.2 pounds, buried right now somewhere in the continental United States. Within the belly of the horse is the key to a safe deposit box containing a redeemable certificate worth $500,000. A fortune of a lifetime, wrapped in a tale of magic and mystery. **A fortune that waits for you.** In a place where it's perfectly safe to dig, that's open to the public 24 hours a day. Best of all, **you can solve the puzzle without ever leaving home** . . . until it's time to claim your prize!

AN ENCHANTING STORY.

Treasure: In Search of the Golden Horse is the captivating story of Amanda. And her unforgettable search for her father and beloved stallion, *Treasure*, who disappeared one fateful stormy night. As you join her odyssey, you'll be swept away to wondrous places. And be greeted by exotic faces.

A DEVILISH PUZZLE.

As you watch the *Treasure* video or read the *Treasure* book, you must be alert. For each contains the clues you need to find the gold horse and claim your fortune.

It's a puzzle created by Dr. Crypton, the famed wizard of games, the designer of the treasure map in "Romancing the Stone." ***Treasure* is your opportunity to beat Dr. Crypton at his own game.**

REWARDING ENTERTAINMENT.

The *Treasure* video is a lavishly produced 70 minute film shot on location throughout America. The *Treasure* book is oversized, richly illustrated and over 70 pages long.

Anyone with a creative mind who loves to play games, children and adults alike, is assured of hours of brainteasing entertainment. The tape and the book **each** contain a different set of clues to the same gold horse, so take advantage of the specially priced combination offer.

TREASURE

THE $500,000 CHALLENGE

The gold horse was buried under the supervision of D.L. Blair Corp., the independent judging organization.

The $500,000 prize is guaranteed by the Prudential Insurance Co.

I can't wait to begin my search for fortune—and fame! Please rush my order!

☐ I want **only** the Treasure videotape cassettte (a $39.95 value) for only $19.95 plus $2.00 shipping and handling.

☐ I want **only** the Treasure book (a $12.95 value) for only $10.95 plus $2.00 shipping and handling.

☐ I want **both** the videotape and the book (a $52.90 value) for only $24.95 plus $3.00 shipping and handling.

Send my cassette in ☐ **VHS** or ☐ **BETA** format

I have enclosed my ☐ Check ☐ Money Order (sorry No COD's)

Please bill my ☐ Amer. Express ☐ Visa ☐ MasterCard

Account No. _____ Expiration Date _____

Signature: _____

(Credit card purchases only), call toll-free **800-772-9200** Extension 132

For mail orders, send this coupon with check or money order payable to: **THE $500,000 CHALLENGE,** P.O. Box 4915, Blair, NE 68009 Sorry, no CODs

Name: _____

Address: _____

City: _____ State: _____ Zip _____

This contest is void in the State of Vermont and wherever prohibited by law. Complete set of rules with purchase.

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

HOME IMPROVEMENTS

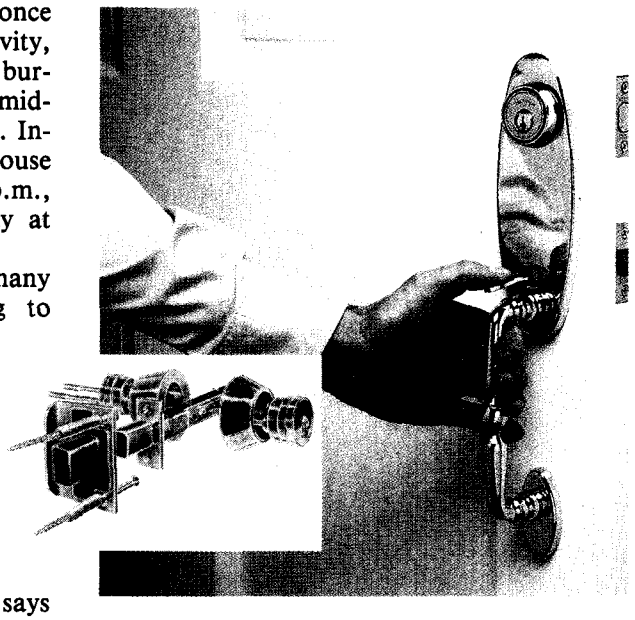
HOME, SECURE HOME

The key to a burglar-proof house begins with a few simple precautions that many homeowners neglect.

by Jack Hayes

Residential burglary, once mainly a nocturnal activity, is not so any more. Smart burglars no longer wait till the midnight hour to ply their trade. Instead, they make their "house calls" between 9 a.m. and 5 p.m., when homeowners are away at their jobs.

To protect themselves, many home dwellers are turning to high-tech alarm systems and other security devices that can cost thousands of dollars. Yet some homes can be protected adequately for far less. For starters, police recommend the simple but effective precaution of locking doors and windows. The FBI says more than one-fifth of burglaries occur without forcible entry: intruders simply walk right in.



The ways of protecting your house from burglars are many, but for openers you should install dead-bolt locks on all outside doors.

If you don't have adequate locks already, you can buy and install them inexpensively. A dead-bolt lock, preferably one with a bolt that extends at least an inch into the jamb, is best for doors. Such locks can be purchased for less than $20. An installation kit may cost another $10. A locksmith or carpenter will charge about $100 to do the same job.

Regular sash locks provide some security for windows, but key or cylinder locks are better. Do-it-yourselfers may prefer to secure their windows by drilling holes at the sash joints and inserting quarter-inch stove bolts.

Of course, all the locks in the world won't keep out a determined burglar, but another deterrent might—fear of being caught. The more vulnerable you can make a burglar feel, the better. For example, burglars welcome high hedges and shrubbery that will conceal them from the watchful eyes of neighbors. Homeowners may have to sacrifice aesthetics for security by trimming shrubbery more closely.

Neighborhood watch programs have had excellent results nationwide in making burglars feel insecure. And many police departments have special crime-prevention units that lend engraving devices to homeowners for marking valuables. " 'Operation ID' window stickers have become a burglary deterrent in their own right," says Jimmy Hill, an Atlanta security expert, of one such campaign.

For those who need extra protection, many home-security systems are available, from simple alarm units, triggered by infrared or ultrasonic

A Gallery of Alarms

A complete perimeter burglar-alarm system may include some or all of the following devices:

* *Window-screen sensors* allow you to keep windows open and still feel safe by running a current across the screen. An alarm will sound if the screen is cut or removed.

* *Shock sensors*, fastened to a window sill, will detect breaking glass or splintering wood.

* *Surface magnetic sensors* are magnets set adjacent to an electrical circuit on a sliding door or window. They will sound an alarm if the circuit is broken.

* *Recessed magnetic sensors* work like surface sensors, except that the magnet is embedded in a door. When the door is opened, the circuit is broken.

* *Window sensors* are attached directly to the glass so it does not shatter silently when broken. They have a detector to avoid false alarms.

* *Floor-carpet sensors* will respond to the footsteps of a burglar by sounding an alarm.

continued on page 90

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

GET A 20-PIECE MONOGRAMMED TOWEL SET FOR JUST 20^{00}*! THAT'S ONLY 1^{00} A PIECE!

AMAZING SEND NO MONEY OFFER!

Here's what you get!

- **4 Bath Towels (22″ x 42″) (2 monogrammed, 2 plain)**
- **4 Hand Towels (15″ x 25″) (2 monogrammed, 2 plain)**
- **4 Guest Towels (11″ x 18″) (all plain)**
- **8 Washcloths (12″ square) (4 monogrammed, 4 plain)**

Send no money now!
It's true! You don't need to send a penny during your Free Trial period! (Free Trial with credit approval) We just want you to try these absorbent, fluffy-soft towels in your choice of Blue or Beige for a FULL MONTH at our expense!

Best bath buy in years!
You can keep this luxurious monogrammed 20-piece set in an astoundingly low direct-by-mail price…just $20.00 (plus shipping and handling)! That's only $1 a piece! And you can even pay in three low monthly payments!

Super soft, beautifully coordinated towels!
You get a beautiful mix of cloud-soft, very elegant towels complete with your initial — and coordinating solid towels. They stay bright and soft as new, washing after washing. From USA.

SEND NO MONEY NOW!

30-DAY NO RISK FREE TRIAL COUPON
582072 (with credit approval)
Fingerhut Corporation, P.O. Box 2500, St. Cloud, MN 56395

☐YES. Please send me the 20-Piece Monogrammed Bath Ensemble for my 30 day Free Trial. Send me my 2 Free Gifts, too.

Choose your decorator color: ☐(AA) **Blue** ☐(AB) **Beige**
Circle the initial of your choice:
A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

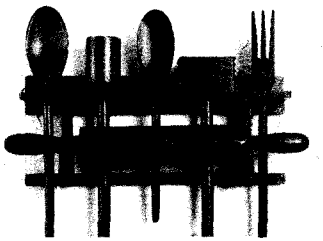
Print Name ✓_____
Address _____
City _____ **State** _____ **Zip** _____
Home Phone(**)** _____ **Date** _____

If I am delighted with my 20-Pc. Monogrammed Towel Set at the end of my 30 day Free Trial, I agree to pay the cash price of $20.00 plus shipping and handling (total cash price of $26.01) in 3 monthly payments of $8.67 each. Sales or use tax will be added where applicable. I understand that I may return the Towels at my expense if I am not completely satisfied at the end of my 30-Day Free Trial. The Free Gifts are mine to keep. This order is subject to approval of my credit by Fingerhut.

Please Sign ✓_____

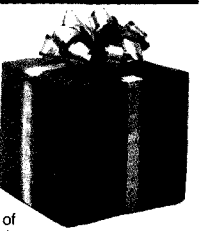
Order Today — Satisfaction Assured

PLUS! Get these 2 FREE GIFTS just for trying the Towel Ensemble!



7-Pc. Kitchen Utensil Set
This walnut-finish hardwood hanging rack really shows off your utensils and keeps them ready for use. Easy assembly. (Utensils made in Taiwan or Philippines.)

Surprise Gift
We can't tell you what it is…that would spoil the surprise! But we will tell you it's something special for you or your home.



VALUES DIRECT TO YOU FROM fingerhut BOX 2500 ST. CLOUD, MN 56395

©Fingerhut 5-082735-000
*plus shipping and handling

We reserve the right to substitute similar merchandise of equal or better quality. If substituted merchandise is not acceptable, you can return it postpaid during your free trial period without further obligation.

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

The Mission

Yolande touched the lives of everyone she met. But could she find whom she was searching for?

by Hugh B. Cave

Illustrated by Peter Stevens

Synopsis:

When her mother died, six-year-old Marie Thérèse Yolande St. Juste set off down the long road for Port-au-Prince, where her father lived. Like a special messenger, she brought her simple love to all she met along the way—quarrelsome women, despairing men, even a dishonest merchant who would lie for a few cents.

Conclusion:

Emile was too late, or rather too old. His legs gave out when he was only half a mile beyond the village, and the road ahead of him was still empty of the small figure he hoped to overtake. He sat on a boulder beside the road, mopping his face with a handkerchief and shaking his head.

An ancient truck came up behind him, filled with limestone chunks and towing a long trail of dust. Emile stepped out and waved it to a halt.

"Friend," he said, thrusting the brown-paper package at the driver, "do me a favor, please. You will find a little girl—about so big—walking along the road ahead somewhere. She is going to the capital, she will tell you. Give her this, please. Tell her the shopkeeper in St. Michel sent it, with his apologies." He fished a coin from his pocket and dropped it in the man's hand. "This is for your trouble."

"All right," the driver said.

Emile Hector walked slowly and thoughtfully back to his shop in St. Michel, where he found his wife weighing red beans into paper bags. He watched her for a few minutes, then stepped forward and snatched the scoop out of her hand.

"There should be a full pound in each bag!" he said angrily. "You're cheating! Don't you know it's wrong to cheat?"

The truck driver found Yolande trudging along the road's edge, and he stopped. He handed her the package. "The old fellow said you are going to Port-au-Prince," he said, scowling. "Is that a fact?"

"Yes, I am," Yolande told him.

"Well, I'm not going very far, but I can save you a few miles of walking. Get in."

Yolande climbed onto the seat beside him, and the truck clattered on down the golden road. It was the first time she had ever ridden in a motor vehicle, and for a time she could only stare out through the dusty windshield or watch the driver's strong, sure hands on the wheel. But when the wonder of it wore off a little, she opened the brown-paper package.

"Oh-oh," she said. "Look at all the food I have. Would you help me eat it, please?"

The driver glanced at her curiously. "What are you going to the capital for, *ti-fi*?"

She told him.

He frowned. "I know Port-au-Prince pretty well. What's your father's name and where does he live?"

"His name is Armand St. Juste and I don't know where he lives. In a fine big house somewhere. He paints beautiful pictures. *Maman* told me all about him."

The driver removed a hand from the wheel to tug at an ear. "An artist, eh? Armand St. Juste? What does he look like?"

"Well, I've never seen him. He's been too busy to visit us. But he's tall and good-looking and——"

"You've never seen him? Never?"

"No, but he sent us things. He sent me these gold earrings I'm wearing." Yolande smiled happily at the memory. "I won't have any trouble finding him. He's very rich and important. Are you going to help me eat this food?"

The man scowled again. "Eat what you want and save the rest," he said. "You have a long way to go yet. I'm not hungry."

He let her off in the town of Petit-Goâve, which is 45 miles from the capital. Standing at the roadside was a big orange and red bus bound for Port-au-Prince, packed solid with peasants and their belongings, with a

continued on following page

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

A unique new book

to give you health for the zest of your life.

Sound the tocsin! . . . Now you can have it both ways! Enjoy frivolous dinner parties and tasty attractive dishes every day but still avoid the pitfalls of fiber-depleted diets which are becoming a matter of serious medical concern.

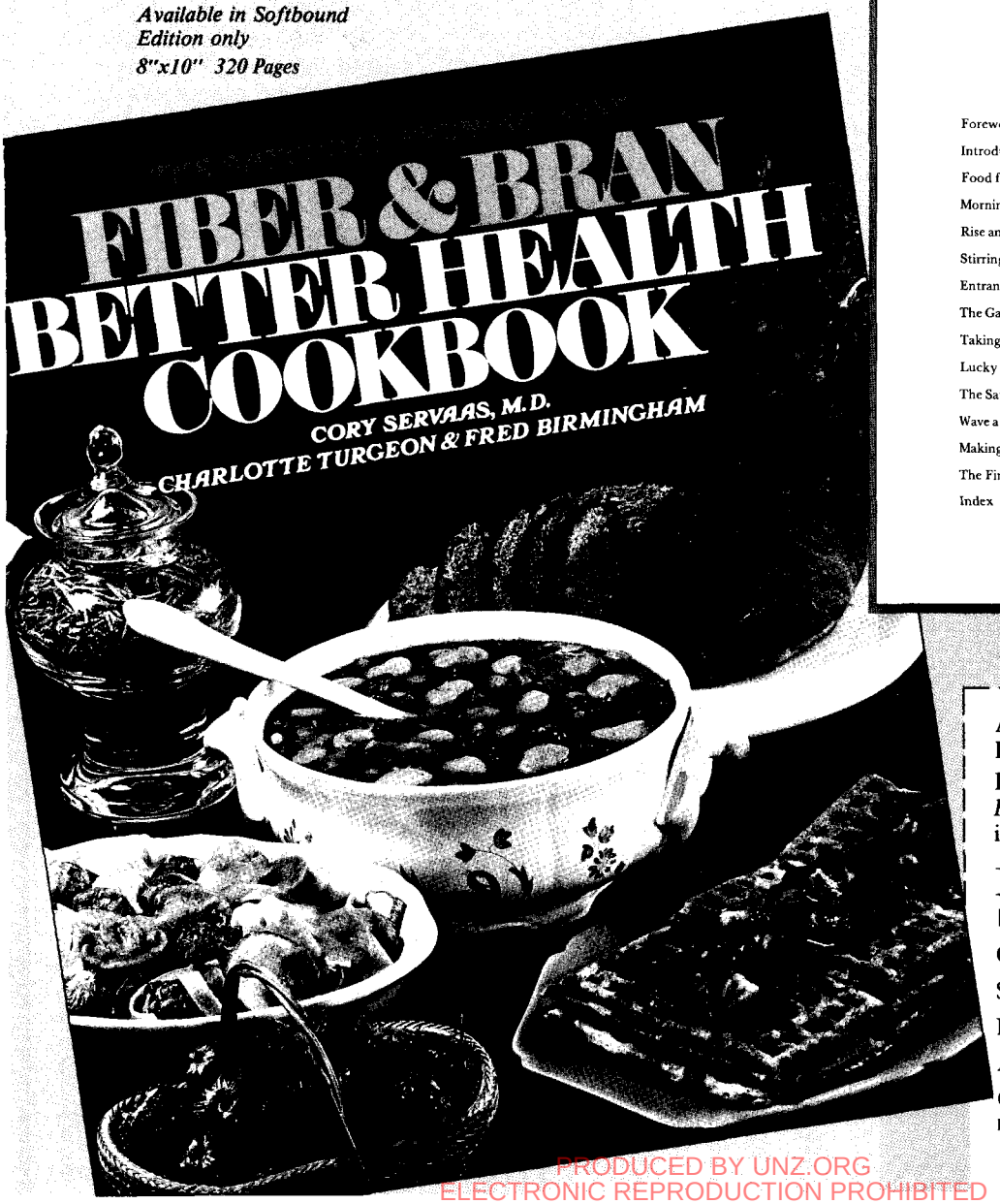
Beat the timbrel! . . . There are 334 newly created and tested recipes in this handsome, hefty 8″ x 10″ tome for gourmets who now may have their cake and eat it too, dietwise and nutritionwise. And just plain wise in the arts of proper eating.

Pluck the harp! . . . Take a full measure of today's new scientific thinking on fiber in your diet, boil it down with common sense, and warm with the flame of creative cookery. Here you will find wonderful ways to combine high-fiber foods in meals that will please the palate, placate the purse and reward you with true *joie de vivre.*

Special feature . . . Eight full-page art reproductions in color. Artists include: Thomas Hart Benton, William Mason Brown, Salvador Dali, George Henry Hall, Paul Gauguin, Jean Francois-Millet, Claude Monet.

Don't Miss out on . . . Foreword by Dr. Denis Burkitt, internationally recognized high-fiber authority.

Available in Softbound Edition only
8″x10″ 320 Pages



Contents

Foreword	vii
Introduction	xi
Food for Thought: More Than Lip Service	1
Morning Glories: Pancakes, Waffles and Coffee Cakes	11
Rise and Shine: Breads, Quick Breads and Muffins	27
Stirring Experiences: Soups and Chowders	71
Entrancing Entrees: Luncheon and Dinner Dishes	89
The Garden of Earthly Delights: Vegetables and Grains	123
Taking Your Leaves: Salads and Salad Dressings	153
Lucky Breaks: Snacks, Sandwiches and Beverages	173
The Satisfying Conclusion: Desserts and Candies	191
Wave a Magic Wand: Microwave Cookery	217
Making Light of It: The High-Fiber, Low-Calorie Diet	235
The Final Reckoning: A Reference Chapter	273
Index	293

Armchair Shopper
P.O. Box 130, Indianapolis, IN 46206

Please send me *The Saturday Evening Post Fiber & Bran Better Health Cookbook* as indicated. Allow four weeks for delivery.

_____ Hardcover Edition@ $14.45
_____ Softcover Edition@ $8.00

☐ Check ☐ VISA ☐ MasterCard

Card no. _____ Exp. date _____

Signature _____

Name [print] _____

Address _____

City _____ State _____ Zip _____

Indiana residents add 5% sales tax. Also available at local bookstores

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

noisy crowd standing around it. The truck driver pushed his way through the crowd and asked the bus driver if he could make a place for Yolande—he himself would pay the fare—but the bus driver threw up his hands and said helplessly, "*Mes amis!* Do you know what you ask? These people all want a place on my bus, and my passengers are sitting on top of one another now! No, no, no, I can't do it! They would tear me to pieces!"

"She is only a little girl," the truck driver protested.

"I couldn't take her if she were a mouse!"

The truck driver said sadly to Yolande, "I'm sorry, little one, but here is a small amount of money to buy food with. I hope you find your father." He lifted her in his strong arms, put his lips against her cheek, and set her down again. Then he climbed back into his truck and drove off, shaking his head.

Yolande stopped to rest when she was tired, and she ate bananas and bread rolls when her stomach ached. When the road grew dark she slept between the high sheltering roots of a mapou tree, and when daylight came she walked again. She washed herself in a stream. She ate the last of her food and bought more at a roadside shop with the coins the truck driver had given her. She spent a night in a field, with cicadas singing all about her.

The road was paved now. The sun beat down on it and waves of heat shimmered from its hard black surface. Her feet hurt but she trudged on, peering ahead for her first sight of the capital.

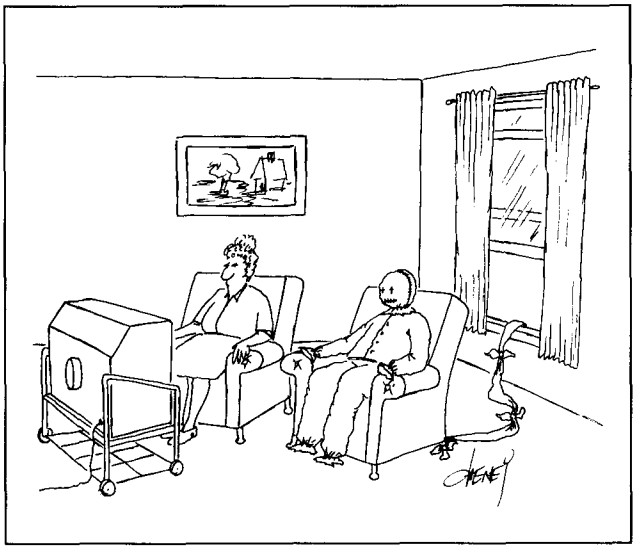
It would be a big city; she knew that. There would be ever so many houses, shops, people, and a wonderful white palace where the president lived. At noon she arrived on the outskirts and was frightened. Both sides of the road were packed with people wearing strange costumes and even stranger masks, people dancing and shouting and beating on drums. Cars and trucks crawled through the crowds, trying to blast them apart with their horns.

Yolande tugged at a woman's dress. "Excuse me, please. I have never been here before. Is it always noisy and crowded like this?"

"Not always, little one. Today is Mardi gras."

"Oh." She should have known. Mardi gras was a big affair in Aquin, too. But there were ever so many more people here. It was going to be difficult, finding her father's house at such a time.

She had reached the city proper, and it was much, much bigger than she had expected. The buildings were enormous. The streets ran every which way. She was caught up in the surging crowd and carried along like a leaf on a stream, stepped on, pushed, deafened by the din. But she would not let the tumult confuse her. Stubbornly she clutched at people's hands, forcing them to look down at her.



"Please, can you tell me where Armand St. Juste lives? The artist?"

"Who?"

"Armand St. Juste! You must know him. He is a very important man."

No one, it seemed, knew him. A woman knew a Marcel St. Juste who was a baker. A man knew an Alfred St. Juste who worked at a bank. But no one knew Armand St. Juste, the famous artist. It was a puzzling thing. They were confused, perhaps, by all the noise.

Yolande had reached a great park filled with people. All the people of the world were here, except, of course, those on the streets she had come through. Millions of people. They were watching a parade that wound through the park like an enormous colored snake. Musicians. Dancers. Beautiful dressed-up trucks and cars, with pretty girls on them blowing kisses. It was like a dream, but bewildering. She stopped to watch, because it was very hard to push her way through such a crowd.

A little girl stumbled against her, sobbing: a girl even younger, smaller than herself, but wearing shoes and a pretty pink dress. Yolande stooped to look into the tear-stained face.

"What's the matter, *ti-fi*? Why are you crying?"

"I can't find my mother and father! I got out of the car to see the parade and can't find my way back!"

"I know how it is. Take hold of my hand, and I'll help you find them."

They moved through the crowd together, Yolande creating the openings and drawing the child through after her. It was like swimming in a sea with waves so high that the shore was hidden. She could not ask about her father now. That would have to wait. The little girl was terrified. The thing to do was to get out of the crowd and look for the car.

They were out at last. She wiped the little girl's face with the hem of the pretty pink dress and said, "There now, we're all right. We'll find your mother and father, you'll see. What's your name?"

"M-Marguerite Maxime."

"Well, Marguerite, you stop crying now. Big girls don't cry. I won't let anything happen to you, no."

They looked at cars, but none was the right one. They went from one street to another. They were standing on a sidewalk, hand in hand, when the little girl suddenly cried out, "There! There it is!" and pulled Yolande off the curb.

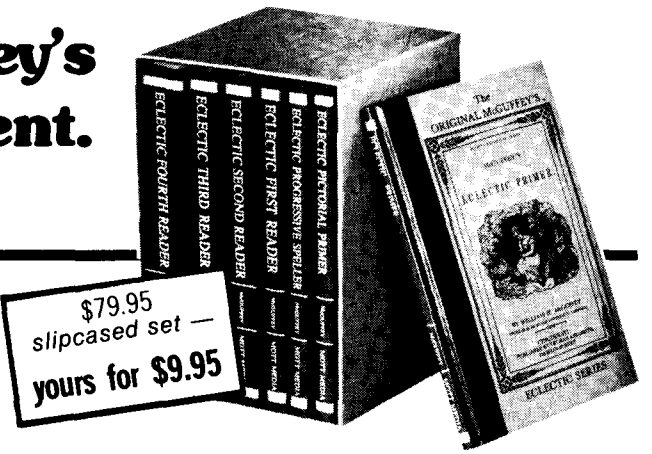
The street was a hill, and down the hill toward them rolled a float. Not part of the Mardi gras parade. Just a single float, a big one, covered with shimmering white cloth to resemble a cloud. On the cloud stood a ten-foot-high angel with outspread golden wings. The float seemed to be coming fast. Yolande said, "Wait, Marguerite," but the child in the pink dress tugged her across the street toward the car.

There was a woman in the car. She,

continued on following page

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

The original McGuffey's Readers were different. They were Christian



Now they're available again after 125 years. You can get the full set here and SAVE $70

Rev. William McGuffey published his legendary Readers in the 1830s. Later editions, from 1857 on, were revised without his approval, and expurgated most references to religion. They were still excellent texts, but no longer Christian texts.

Now a Christian publisher, Mott Media, has reprinted the originals. We are offering them, with pride and admiration, for parents, godparents and grandparents who care enough to teach at home, or at least to *help*, the children they love.

The Original McGuffeys: 7 superb texts

Pictorial Eclectic Primer for Young Children. For kindergarten or pre-kindergarten: the alphabet, simple sentences and stories, charming original engravings.

Eclectic Primer. More advanced. For first-graders and bright kindergarteners.

Eclectic First Reader for Young Children. For second-graders or bright first-graders. Lots of spelling, and the words get as hard as "would" and "stalked" and "deranged."

Eclectic Second Reader. 85 lessons, each a well written story with a moral, some from Scripture or American history. Each lesson is followed by 1) questions drawn from it (e.g., How did Washington receive Lafayette? What is the Fifth Commandment? What is emulation?) and by 2) spelling words ("believed," "myrrh," "forsook"). When your children master this book, they'll be years ahead of their peers.

Eclectic Third Reader. Authors like Addison, Irving, Byron...Bible selections...excursions into history like the marvelous "Alexander the Great" — adults can read this book with pleasure. After your child of 8 or 9 finishes it, he's reading better, and understanding more, than most high schoolers.

Eclectic Fourth Reader. Quite beyond the average collegian today, yet within the reach of well trained 10-to-12-year-olds. Dozens of authors they should meet: Johnson, Webster, Milton, Jefferson, Schiller, Bacon, Southey, Bryant, Shakespeare, etc.

Eclectic Progressive Spelling Book. "Progressive" because it starts with basics and builds to an advanced vocabulary worthy of a graduate student. Not only definitions but pronunciations and usage in good sentences.

Mark Sullivan, in his 6-volume history, *Our Times*, ranks McGuffey up with Washington and Lincoln in influence. And a wonderful influence it was. Do your children deserve less?

FREE BOOK **Free with each set:** *McGuffey and His Readers: Piety, Morality and Education in 19th Century America* **by John H. Westerhoff III**

Startling call from eminent professor of English

"Let's bring back McGuffey's Reader — **to College**" is how Carl Bode, University of Maryland, titled his article in **The Chronicle of Higher Education**. Wrote Bode: "I guarantee that regular doses of McGuffey will brighten their eyes and bring roses to their cheeks...teach them to concentrate on the printed page...give them some of the memorable poetry and prose of our Anglo-American inheritance...make them better men and women, not to mention better-spoken men and women."

How to get this $79.95 slipcased set for ONLY $9.95!

How the Club Works

Every 4 weeks (13 times a year) you get a free copy of the Club Bulletin, which offers you the Featured Selection plus a good choice of Alternates — all of interest to conservatives. ★ If you want the Featured Selection, do nothing. It will come automatically. ★ If you don't want the Featured Selection, or you do want an Alternate, indicate your wishes on the handy card enclosed with your Bulletin and return it by the deadline date. ★ The majority of Club books will be offered at 20-50% discounts, plus a charge for shipping and handling. ★ As soon as you buy and pay for 4 books at regular Club prices, your membership may be ended at any time, either by you or by the Club. ★ If you ever receive a Featured Selection without having had 10 days to decide if you want it, you may return it at Club expense for full credit. ★ Good service. No computers! ★ The Club will offer regular Superbargains, mostly at 70-95% discounts plus shipping and handling. Superbargains do NOT count toward fulfilling your Club obligation, but do enable you to buy fine books at giveaway prices. ★ Only one membership per household.

CONSERVATIVE BOOK CLUB

15 OAKLAND AVENUE • HARRISON, NY 10528

I enclose $9.95. Please accept my membership in the Club and send me, at no additional cost, the Original McGuffey Readers in the 7-volume slipcased set PLUS my free copy of ***McGuffey and His Readers***. I agree to buy 4 additional books at regular Club prices over the next 2 years. I also agree to the Club rules spelled out in this coupon.

☐ I don't care to join the Club but I'm enclosing $79.95 for the McGuffey set plus the free book. I may return the set in 30 days for full refund if not delighted.

SEP–5

Name _____

Address _____

City _____ State _____ Zip _____

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

too, saw the float. She screamed. At the same time a man came striding around a corner a little distance away, saw the children in the middle of the street, and shouted hoarsely, "Marguerite! Look out!"

That was a mistake. Hearing the man's voice, Marguerite stopped. The hurtling cloud with its teetering ten-foot angel was almost upon her. But it was not a cloud now. At close range it was only an ugly battering ram of a truck out of control, moving too fast for its ancient brakes. Its driver clung to the wheel in terror, peering wide-eyed through a gap in the white cloth.

Yolande tried to pull her companion back to the curb they had come from, but the child, too, was frozen with fear. The woman in the car still screamed. The man covered his face with his hands.

Unable to pull the child, Yolande seized her around the waist and lifted her and tried to run—did run a few stumbling steps. It was almost enough. The truck roared past, missing them. But a wing of the ten-foot angel struck Yolande and knocked them to the street.

Marguerite scrambled to her feet unharmed and sped to the car. Yolande lay in the street unmoving. The truck went careening on down the hill to crash into a steel utility pole and overturn.

People came running—not to the peasant girl lying motionless in the street, but to the more spectacular accident below. It was the man who picked Yolande up. He looked into her face and carried her to the car, where the woman clung to the child in the pink dress.

"This one is hurt," he said. "Take her. I'll drive to Dr. Domond's."

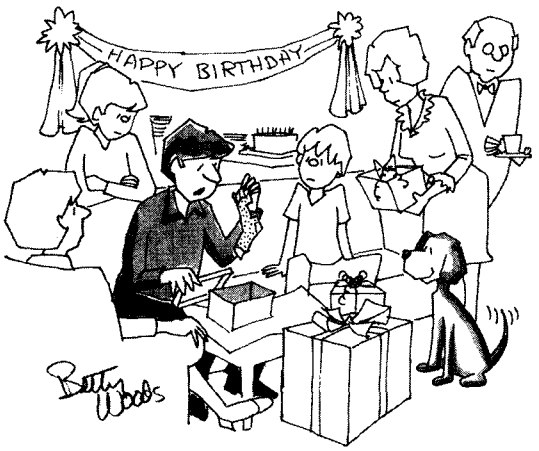
The woman nodded. Without a word, but biting her lip, she put her own little girl on the back seat and took Yolande in her arms. The man drove. When he stopped, he carried Yolande into a house and watched, clenching and unclenching his hands, while the doctor examined her. The father of Marguerite Maxime was a young man, well-dressed. The doctor addressed him with respect.

The doctor said, "She will be all right, I think, Henri. I find nothing broken. Take her home, eh? Tell me where she lives, and I'll stop by to look at her tomorrow."

"I don't know where she lives, Paul. I don't even know her name. All I know is that she saved my little girl's life just now."

Yolande opened her eyes and, when questioned, told them who she was. "I have to find my father," she said. "Perhaps you know where he lives?" She told them her father's name and all that she knew about him and how she had walked to the capital from Aquin to find him.

The two men looked at each other. "It will be hard to find him today, little one," Henri Maxime said gently. "I think I will take you home with me, and we'll look for Armand St. Juste tomorrow, eh? Will that be all right?"



"There's no card. Who'd give me a chewed-up sock?"

"But you do know him, don't you?" Yolande asked anxiously.

Henri Maxime smiled and kissed her. "I will answer every one of your questions later, little one, after you've had something to eat and a good long sleep in a soft bed."

He took her to the kind of house she knew her father must live in: a big, handsome house with tiled floors and gleaming mahogany furniture, set in the midst of a garden filled with flowers. There, after a bath in a great white tub, with warm water, she had supper with Henri Maxime and his wife and their little girl and then was put to bed. She was very tired. She fell asleep almost at once.

She was still asleep when Henri left the house in the morning. He took his car from the garage and drove downtown to the Centre d'Art.

"Can you tell me anything about an artist named Armand St. Juste?" he asked.

The man in charge of the center said with a frown, "St. Juste? Armand St. Juste? An artist, *m'sieu*?"

"I thought so," Henri said with a sigh, and then he drove to the College St. Martial, where he spoke to a priest he knew well. "It shouldn't be difficult, should it, Father?" he said. "You can telephone the curé in Aquin? He'll know?"

"I am sure he will, Henri. I'll call you at your office as soon as I have the information."

"I'll be at home, Father. Waiting."

The priest did not call; he came. In his white robe he settled himself on a chair in the Maxime living room. He put the tips of his long fingers together and frowned at them with a small shake of his head, while Henri Maxime and his young wife waited anxiously for him to speak.

"It is a strange story," he said. "As you suspected, the child has no father. The mother simply invented one. Yet the mother was a fine young woman, the curé in Aquin tells me. A most unusual woman. Which explains, perhaps, why she invented a father for Yolande who was an artist, a lover of beauty, instead of, say, a politician. And which also explains, perhaps, why Yolande is the kind of child she is. She is very much loved, that youngster, by everyone who knows her." He looked up. "The whole town has been frantically searching for her since she disappeared."

Henri Maxime frowned. "This is awkward, Father."

"Yes. And very sad."

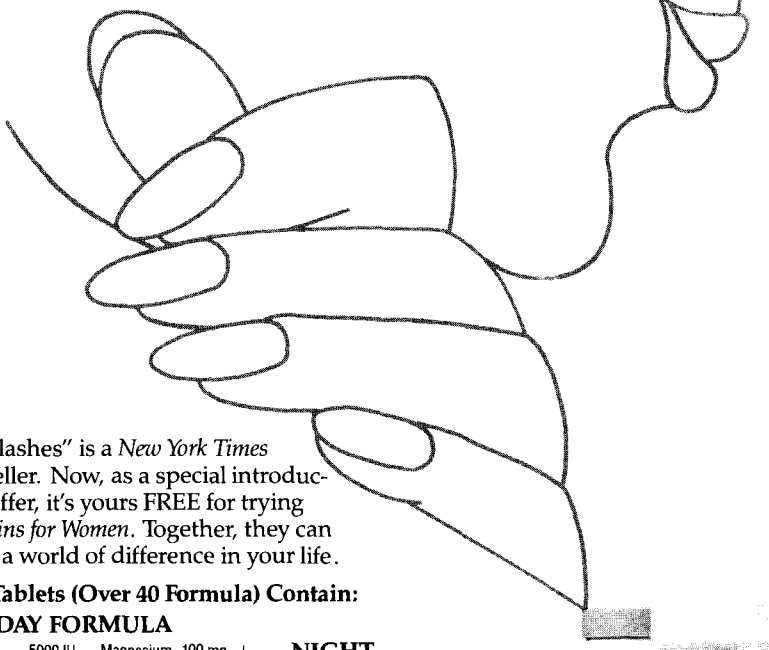
"There will have to be an Armand St. Juste. I see no other solution." Henri glanced at his wife.

His wife nodded. "Yolande is upstairs with Marguerite. I'll get her." She stood up, then hesitated and turned to the priest. "The child would have left us when she awoke, Father. I kept her here only by telling her that Marguerite was still frightened and needed her. She will never stop look-

continued on page 78

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

YOU'RE A WOMAN. SO WHY ARE YOU TAKING MEN'S VITAMINS?



Your body is different from a man's. Obviously, it has different needs. Yet for years most vitamin manufacturers created "women's vitamins" simply by adding more iron to the typical male formulas.

Finally. There's a complete Calcium/Vitamin/Mineral Supplement designed specifically to fit the needs of a woman's body. Throw away your closet full of vitamins! *Vitamins for Women* provides 23 vitamins and minerals—everything you need to protect and keep your body healthy. And since your body changes as you age, it comes in two specialized formulas: one for women 14 to 40; one for women over 40.

It's the first Vitamin/Mineral Supplement with all the calcium you need to prevent Osteoporosis. This killer disease causes hunched backs and fragile bones and is the 12th leading cause of death in the United States. *Vitamins for Women* contains all the supplemental calcium you need specifically for your age group. The "Over 40" formula contains 1000 mg. of pure oyster shell calcium—the "14 to 40" formula contains 650 mg. Both contain 400 IU of Vitamin D to help absorb and metabolize the calcium. And since the calcium shouldn't be taken at one time, the formulas are divided into morning and evening doses.

Its two special formulas help compensate for the changes in your body as you age and are tailored for your stage of life. Vitamins A, E, Selenium, Beta Carotene, and Folic Acid are included since recent tumor research has shown they have protective qualities. *Vitamins for Women* were also designed to help alleviate premenstrual syndrome, changes in vitamin metabolism caused by birth control pills, and night leg cramps. They're made from natural bases and free from sugar, starch and preservatives.

Vitamins for Women. Created by one of the leading authorities on women's health, Dr. Penny Wise Budoff. Dr. Budoff has done extensive research and published many articles in prominent medical journals on menstrual pain, menopause, premenstrual syndrome and breast cancer. Her book "No More Hot Flashes" is a *New York Times* bestseller. Now, as a special introductory offer, it's yours FREE for trying *Vitamins for Women*. Together, they can make a world of difference in your life.

Two Tablets (Over 40 Formula) Contain:

DAY FORMULA

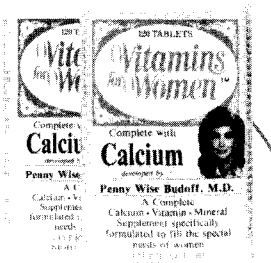
Vitamin A	5000 IU	Magnesium	100 mg
Beta Carotene	1 mg*	Bioflavinoids	100 mg
Vitamin D3	400 IU	Rutin	10 mg
Vitamin C	500 mg	Iodine	50 mcg
Vitamin B1	20 mg	Iron	15 mg
Vitamin B2	25 mg	Zinc	15 mg
Vitamin B6	75 mg	Copper	1 mg
Vitamin B12	50 mcg	Selenium	50 mcg
Niacinamide	50 mg	Chromium	50 mcg
Folic Acid	400 mcg	Manganese	5 mg
•Calcium	300 mg	Biotin	25 mcg

NIGHT FORMULA

Vitamin E	200 IU
•Calcium	700 mg
Magnesium	200 mg

•Two day and two night tablets provide 1000 mg of Calcium.

*Represents 1,670 IU of Vitamin A activity



Vitamins for Women

FREE Bestselling Book!

PENNY WISE BUDOFF, M.D.
No More Hot Flashes
• No More Mastectomies
Latest news on cystitis, osteoporosis, hysterectomy & contraception

Try *Vitamins for Women* and we'll send you Dr. Budoff's bestseller, "No More Hot Flashes," FREE. You'll receive one book FREE with every package of *Vitamins for Women*.

Mail to: *Vitamins for Women* P.O. Box 305, Woodbury, NY 11797

Please send _____ package(s) "Ages 14 to 40 Formula" @ $19.95 ea.

Please send _____ package(s) "Over Age 40 Formula" @ $19.95 ea. (Women with hysterectomies use Over 40 Formula.)

Canadian orders must be in U.S. funds and include an additional $5 per package for postage and bank handling charges.

Check or M.O. enclosed for $_____

Charge to ☐ American Express ☐ MasterCard ☐ VISA

Card #_____ Exp. Date_____

Signature_____

Name_____
(please print)

Address_____

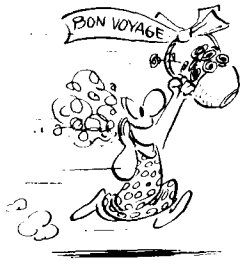
City_____ State_____ Zip_____

Each package contains night and day formulas in 2 separate bottles of 120 tablets each.

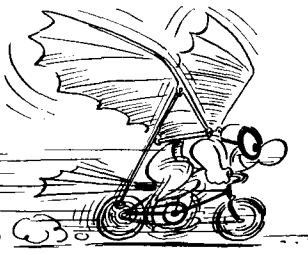
TOLL-FREE 1-800-426-0034; In New York State 1-800-426-0035 POST

OFFER LIMITED. ACT NOW!

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED



POST SCRIPTS



All Strung Out

"This string quartet has been playing together for seven years now."

"Oh, come now. Surely we've been here longer than that."

—Kris Lee

Eating Crow

The motorist walked over to where the farmer was plowing. "I just ran over your rooster," he said. "I'm willing to replace him."

"Fine," the farmer said. "Let me hear you crow."

—Mrs. K. W. Kenney

A Pain in the Drain

The plumber had been working at the lawyer's house when he presented the lawyer with the bill. The lawyer turned red.

"Why, that's over $100 an hour!" he cried. "Even I don't make that much!"

"I know," the plumber said. "Neither did I when I was a lawyer."

—Martha J. Beckman

Mightier Than the Pen

"I sometimes wonder if there is anything vainer than you authors about the things you write."

"There is, madam: our efforts to sell them."

—James Curnane

High Stakes

Love is like a game of poker: it starts with a pair, she gets a flush, he shows diamonds, and it ends with a full house.

—Kathryn Carrier

Ode to the Empties

Empty old pop bottles
Were a way to make some cash;
As kids we combed the roadsides
And rummaged through the trash.

Those priceless old pop bottles!
Two cents apiece we'd earn—
Till plastic took their place
and passed
The point of No Return.

—Charles Ghigna

You Spell It—You Bought It

A woman noticed a hand-painted sign in a store window which read: "Hard Wear." She went in and gently informed the proprietor of the misspelling. After he thanked her, she wandered around the store and made a few purchases. Finally she asked the owner if he was going to correct the sign.

"Goodness, no," he exclaimed. "Why should I, when everyone who comes in to correct my spelling buys something?"

—Rose Sands

The Blind Leading the Blind

The drill instructor asked one of his recruits, "Suppose you were on night sentry duty and saw a figure crawling toward camp. What procedure would you follow?"

"Well, sir," the neophyte admitted, "I'd help the officer to his quarters."

—Oliver E. Frazier

Stock and Bonds

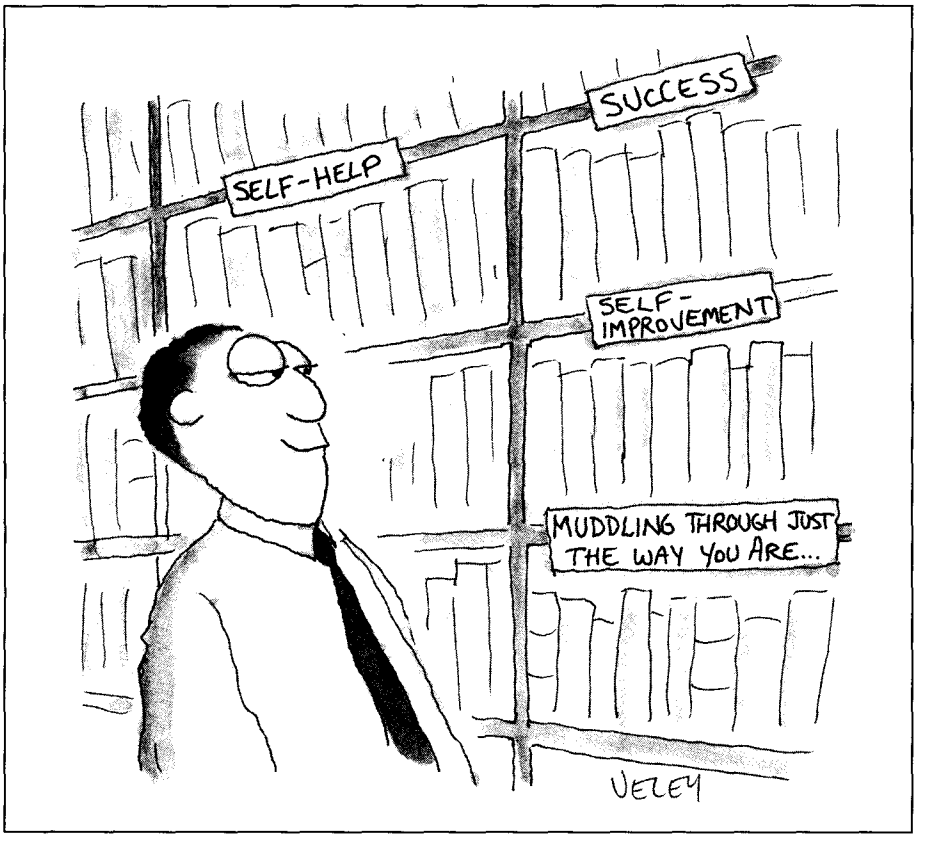
"I come from sturdy stock," she said,
And gently touched my shoulder.
"That's very nice," was my reply.
"Can I be a stockholder?"

—Raymond A. Schoeder

The Fall Guys

The theater usher rushed over to a groaning man lying on two seats and shook him. "You can occupy only one seat at a time," the usher said. "And stop moaning; you're disturbing others."

When the man wouldn't budge and kept right on moaning, the usher



PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

became livid. "You're drunk!" he snapped. "Where did you come from?"

Between moans the man replied, "The—the balcony."

—Elaine Neren

In-debit-ably

The winning entry in the poetry contest had to meet two requirements: 1.) Must rhyme; 2.) Must be brief, with the broadest appeal to the most people.

The winner? "Payday."

—B. Bader

Where Credit Is Due

A fool and his money are soon parted. The rest of us wait for tax time.

—Thomas LaMance

Out of the Bag

Two maiden ladies scared to death of men thought all kinds of awful things would happen to them if they got near one. They even had a female cat they wouldn't let out of the house for the same reason.

Finally, one of them got married and went away on her honeymoon. Her old roommate received a postcard a few days later, the message of which was to the point:

"Let the cat out."

—Don Lindal

No Cents of Direction

It had been a whirlwind courtship and marriage, and she was bravely presenting her new husband to her somewhat disappointed parents.

"Well, daddy," she said in an attempt at lightness, "you always told me not to marry for money."

"Yes, I did," her father replied as he took in the faded jeans and T-shirt of his new son-in-law. "But I don't recall advising you to marry against it, either."

—Ivern Ball

Wrong Number

I think that it's spring who is calling.
Enchanted, I answer with "Yes!"
Until I discover—appalling—
My caller's the (ugh!) IRS.

—Maureen Cannon

Academia Nuts

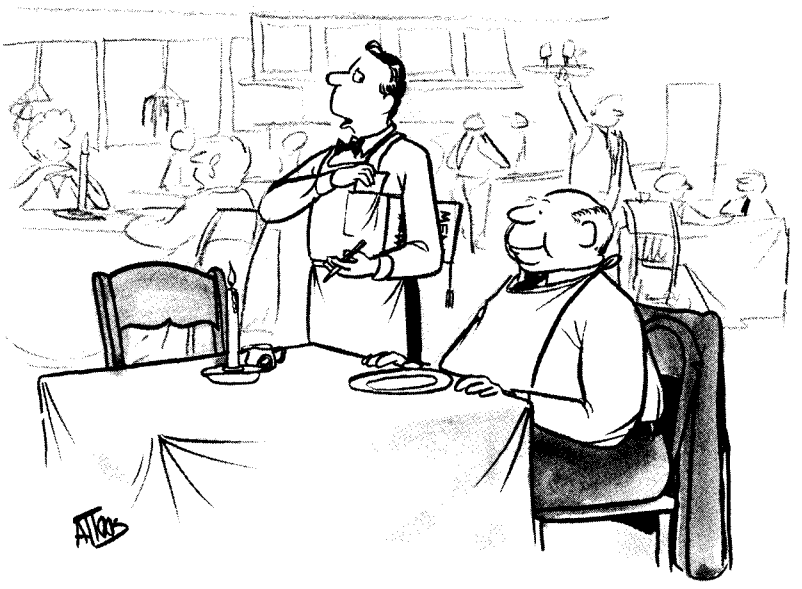
"Everyone," the business professor thundered, "*everyone* in this country wants to make money. I don't care who you are. Can, in fact, anyone in this lecture hall truthfully say he or she is not interested in making lots and lots of money?"

One young man alone had the nerve to raise his hand. Attired in the grubbiest T-shirt and jeans imaginable, he was obviously taking the introduction-to-business course only to fulfill a requirement.

"It's nice to see one honest man in the crowd," the prof sneered. "Now, young man, would you mind *telling* us your reasons for not wanting to be like the rest of your peers and become wealthy? More specifically, if you would be so kind, could you tell us *how, indeed,* you plan to earn your meager wages once you are no longer a student within the safe confines of this campus?"

There were many stifled giggles and a very pregnant pause before the red-faced student was finally able to stammer out his answer: "As. . .as a college professor, sir!"

—Jack Gramling



"Excellent choice, sir. The left side of the menu is superb today."

Sale-ing, Sale-ing

Since the warmer weather's coming up, the garage-sale proprietor needs the proper responses to unappreciative browsers. For example:

"So it's a little rusty on top! Just take some steel wool—I'll show you."

"You mean you want five dollars off this, two dollars off that, and one dollar off the one over there? Forget it."

"Look, it's my cousin's, and that is what he wants for it."

"That spot will too come out! I just didn't have time."

"A place to try on the pants? Are you kidding?"

"It came with another part. It's supposed to be in that box over in the corner. On the bottom."

"Test it for leaks? You mean with water? Out here?"

"Sure, you can tie it on top of your car without scratching."

"No, there's no place to plug it in out here, but it works fine—trust me. *I said, 'Trust me'!"*

—Ralph Shaffer

A Real Poker Tail

A man invited to a friend's house to play poker was amazed when he discovered one of the players was a dog.

"He's not really the best of players," the host confided. "You'll notice whenever he gets a good hand, he wags his tail."

—Kenneth E. Hall

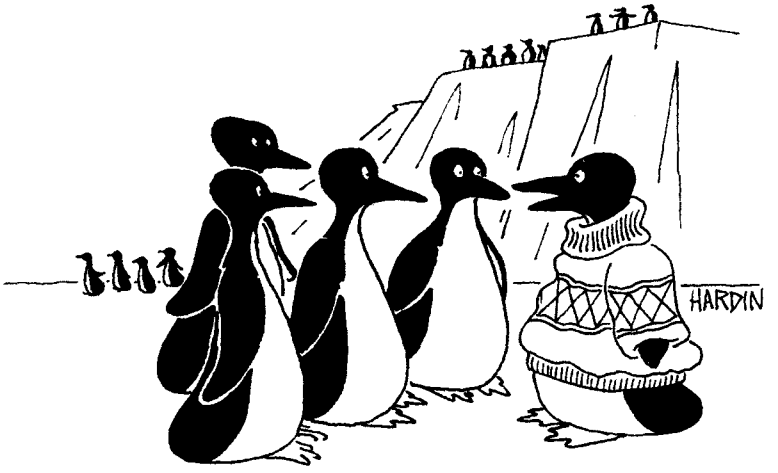
A Pair of Duds

A world with only two people
Would be dull, without a doubt;
There'd be someone to talk to,
But no one to talk about.

—J. Loveland

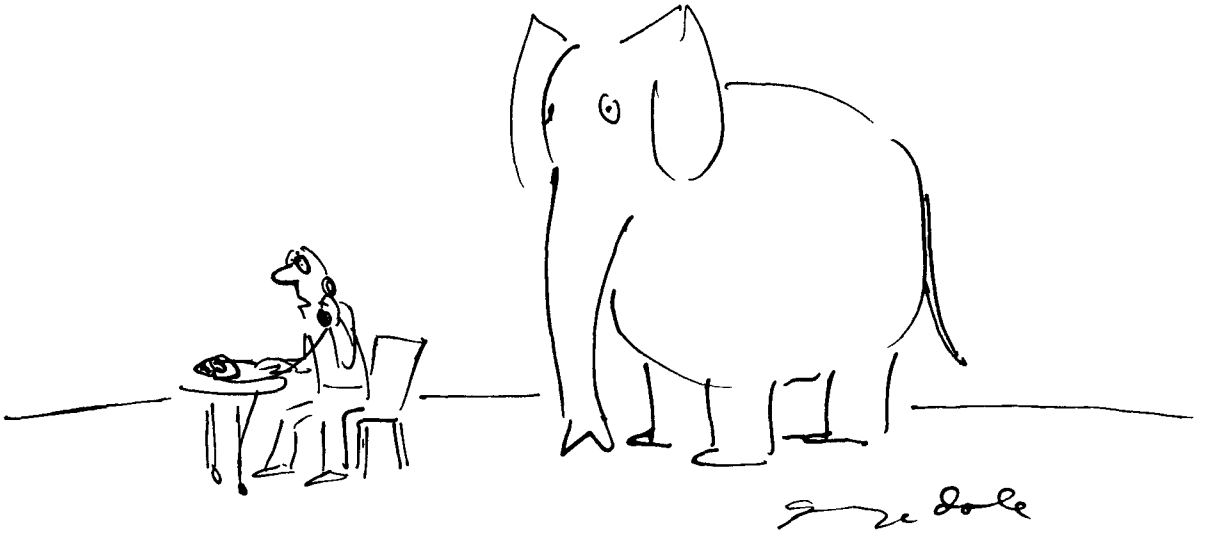
PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

IT'S A WILD LIFE



"I was told this would be a casual affair."

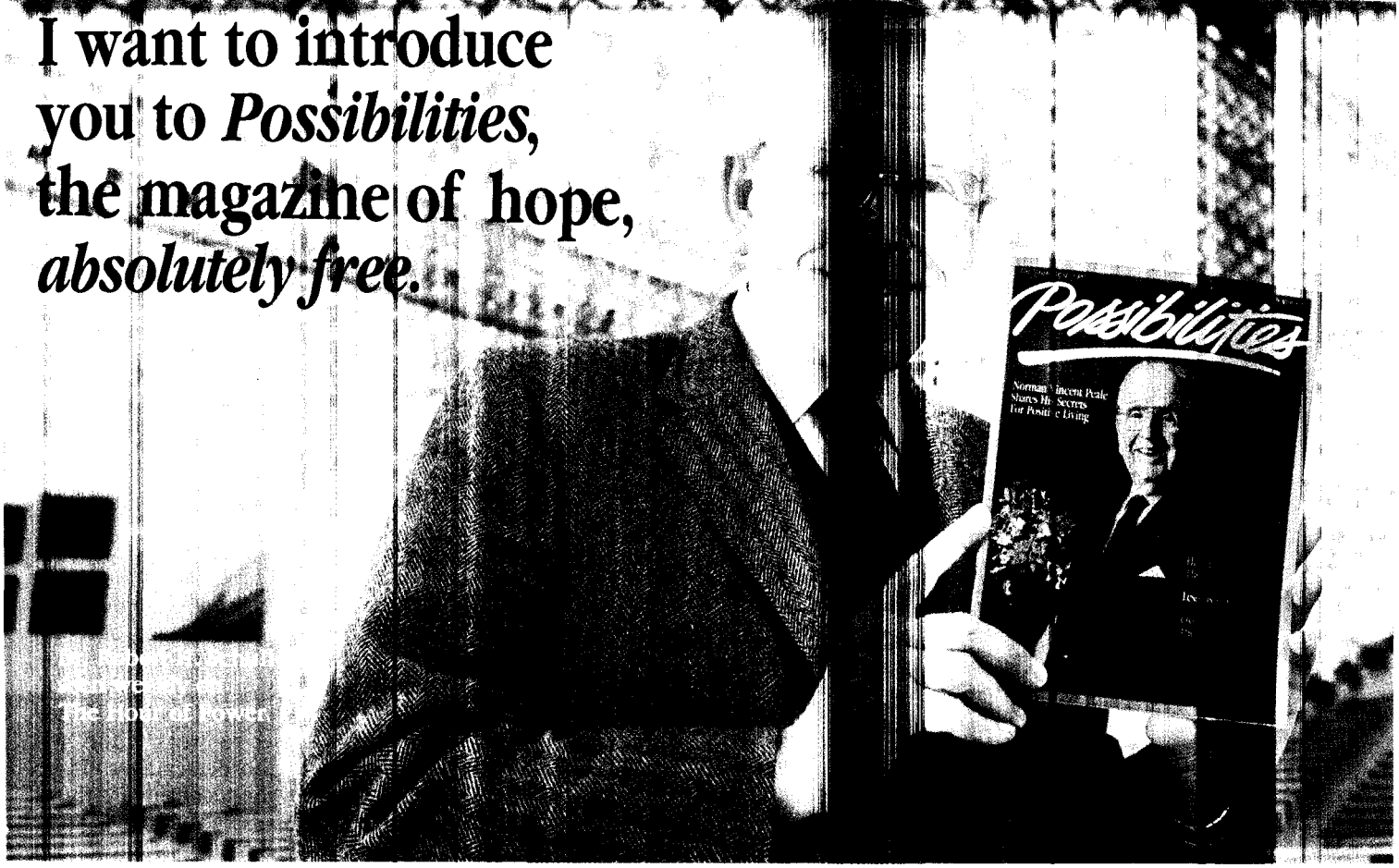
"Oh, no! There it is again! That awful squishy feeling between my toes!"



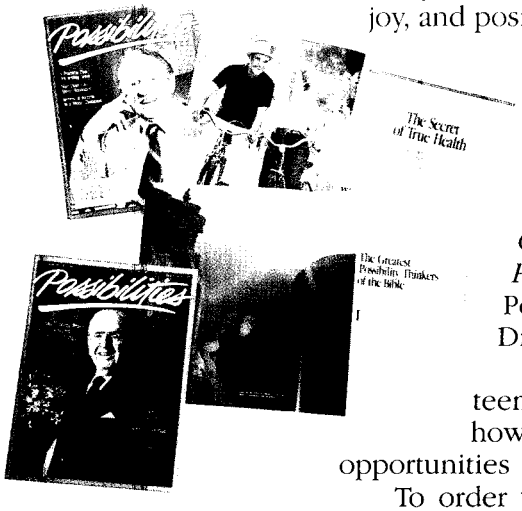
"Don't be ridiculous! There's just one *elephant up here."*

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

I want to introduce you to *Possibilities*, the magazine of hope, *absolutely free.*

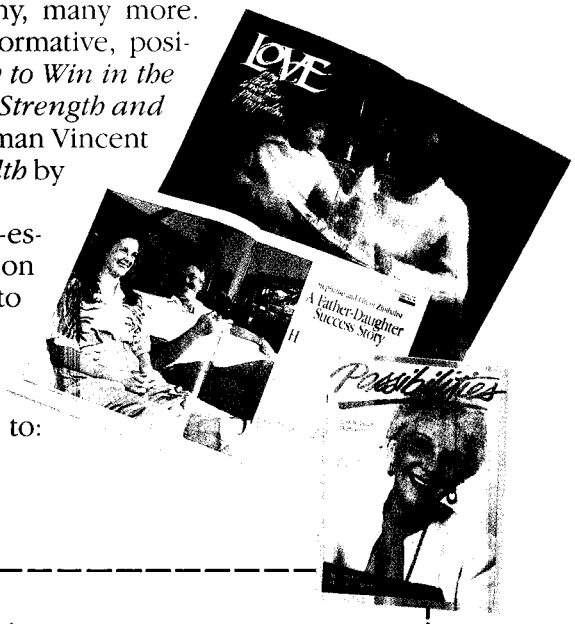


That's right. I want to send you this beautiful inspirational magazine for an entire year without cost or obligation. It's my way of passing along the hope, joy, and positive message that I have seen change so many lives.



Each bimonthly issue contains exciting, inspiring interviews with people like Art Linkletter, Jayne Meadows and Steve Allen, Efrem Zimbalist, Mary Kay Ash, Olympic champion Carl Lewis, Della Reese, and many, many more.

And you'll appreciate the informative, positive articles on topics like *How to Win in the Game of Life* by Zig Ziglar, *The Strength and Power of Jesus Christ* by Dr. Norman Vincent Peale, and *Balancing Your Health* by Dr. Kenneth Cooper.



On topics ranging from self-esteem to health, you'll find advice on how to turn your challenges into opportunities and your scars into stars.

To order your FREE one-year subscription to *Possibilities*, simply use the attached card or fill out the coupon below and send it to:

Possibilities
Box 100
Garden Grove, California 92642

YES! I want to start living positively. Please send me my FREE subscription to *Possibilities.*

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Possibilities, Box 100, Garden Grove, Cal. 92642 **SE47**

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

GRANDPA HOPEWELL AND HIS FLYING TRACTOR

The good people of Iowa will never forget what happened after grandpa had a flash of genius one day and poured a little high-octane cider into his tractor's gas tank.

by Wilbur Schramm

Illustrated by Glen Fleischmann

Grandpa Hopewell's neighbors can't remember exactly when he began to fly in his tractor. They say it was a gradual process; he never had more than one wheel of the machine on the ground from the moment he bought it. He was 65 then, and they thought he would kill himself in a week. But when he was 68 he began to race the Rock Island trains into Des Moines, bouncing along beside the tracks, his white beard streaming in the wind and his thin old body bent behind the wheel like a racing driver. That was why the Rock Island put on streamliners. They had to; Grandpa Hopewell was breaking the morale of their engineers. And for a while after that, Grandpa Hopewell would just sit by the tracks and grumble and shake his fist at the sleek silver trains. But not for long. Shortly, he was up in the air knocking the steeple off the Congregational Church. Grandpa Hopewell was 70 the day he sliced off the church steeple at Stuart, Iowa, just as smoothly as though he were peeling an apple.

His neighbors say the streamliners drove him to do it, but the minister says it was pride. Sinful, overweening pride. He says Grandpa Hopewell wouldn't admit he was getting old.

There's something to that. Grandpa hadn't meant to buy the tractor in the first place. He climbed up on it in the salesroom to see how it felt. When his daughters-in-law fluttered around him and wrung their hands and begged him to come down before he had a heart attack or another one of his liver spells, he got two red spots in his cheeks and yelled, "How d'ya hitch up this buggy, anyway?" The salesman showed him the starter and the gears but might have forgotten to mention the brake. Grandpa put his big shoe on the starter, and before his daughters-in-law had opened their eyes he was halfway home, dragging one of the salesroom doors behind him. Later, he sent a check for the tractor and the door.

From the very first, that was an uncommon tractor. It had the loudest exhaust in Guthrie County. Ordinary tractors put-putted dutifully or, at the end of a day, wearily. Grandpa Hopewell's tractor whooped like a schoolboy when he started it in the morning and shouted all over the prairie when he took it out to plow the east 40. There was something magnificent about the voice of that tractor. Ten miles away they used to listen for it in March. If it sounded profane, they would say, "The ground's too wet to work" and go back to the mail-order catalog. If it sounded happy and confident, they would put on their rubber shoes and go out to the fields. The tractor was as near human as it could be, they said, without eating spareribs and sauerkraut.

He zoomed—too late. He clipped off the point of the church tower.

Grandpa Hopewell would never let anybody tinker with his tractor. Several times the mechanic from the salesroom came out to inspect it, saying something about the wrong kind of gears being put into this model. And once a man from the home office came to see grandpa.

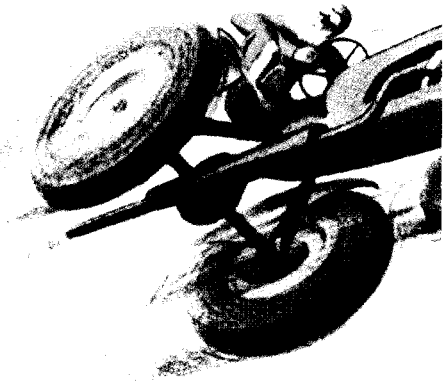
He said, "Mr. Hopewell, with a transmission like that, you'll kill yourself. I don't know how we ever got that mechanism in there. Why, that would drive an airplane. Now, if you will only let us make a few changes——"

Grandpa said he was satisfied, and the man shook his head sadly and left.

There was no question about grandpa's being proud of the tractor.

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

He drove it to church as though it were a limousine. On the way, he would wave to his friends and call, "Sorry I can't pick you up; only one seat in these sport models, you know." Then he would park it, chugging and smoking, beside the banker's shiny car. His daughters-in-law pretended not to be watching. Later, they would make certain remarks on the subject, beginning with "I was never so mortified"—



which was the signal for their husbands to slide behind newspapers—and ending with "I tell you, people will begin to say that old man is out of his mind"—which was the signal for their husbands to ask whether dinner was ready. By that time grandpa would be well on his way home, enjoying a friendly little race with the doctor's coupe.

Grandpa made his worst scene when the daughters-in-law tried to tidy up the tractor. While Adelaide talked to him in the house, Minnie and a man from the hardware store sneaked out to the barn and put a cushion and an umbrella on the tractor seat. The cushion was lovely. It was a floral design—roses and sweet peas. When grandpa saw it, he said words that had never before been heard in Guthrie County. Then he carefully put the cushion and the umbrella where he would run over them when he drove out of the barn, took a long swig of cider, and went riding. That was the day he first flew.

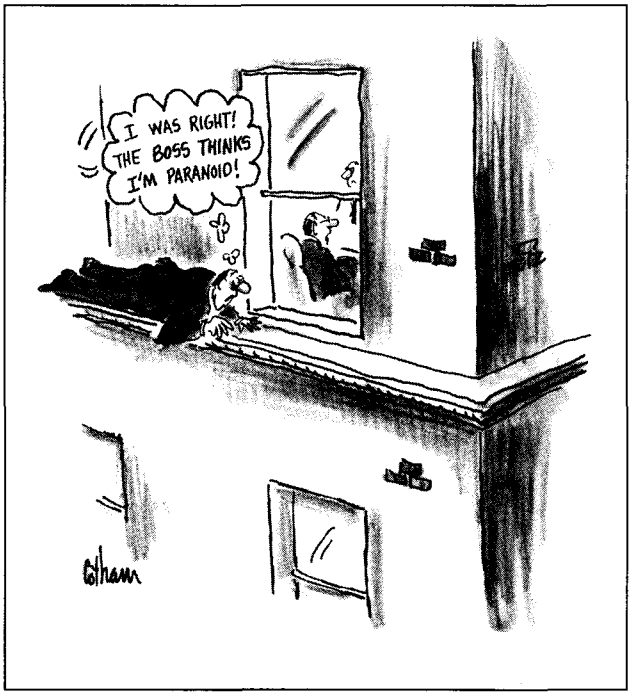
It wasn't pride, and it wasn't the streamliners, although they had

Grandpa was thoroughly indignant the day charges against him were dropped. "Who do they think did it, anyway?" he demanded.

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

something to do with it. This is the scientific, the documented truth: the secret was cider.

Of course, many a man in Guthrie County has had a drink of Grandpa Hopewell's homemade cider and felt like an airplane. But that isn't what I mean. Grandpa Hopewell told me exactly what happened that first day he flew. He was chugging around his farm, trying to forget the sweet peas on that cushion, and occasionally sampling his jug of cider, when he happened to remember that the eastbound streamliner was due in 20 minutes. Just then, he ran out of gas. That was especially bitter to him because he felt like racing, and that particular streamliner was the one train he would rather beat than any other on wheels. The engineer ignored him; Grandpa Hopewell could never forgive him for that. Freight engineers waved to him, and some of the passenger engineers looked down their noses at him as he bounced along beside them, trailing dust and smoke. But the engineer on that one streamliner would never deign to notice. He would merely jerk the throttle a little farther down, and the shiny train would pull away from the pulsating little tractor. And at the end of his land, grandpa would pull up and indignantly watch the last car disappear toward Des Moines.



Far to the west he heard the streamliner honking like an old goose over the pond. He tried the starter again and squinted into the tank. The streamliner honked again, only a few miles away. In one of those seconds of genius that distinguish men like Edison and Hopewell from the rest of humanity, he took his jug and poured what was left of the cider into the gas tank. The motor turned twice without anything happening and then roared like a young lion.

Grandpa Hopewell said he could tell by the way that tractor trembled and the way it kicked up its wheels when he let it run that if ever he could beat that streamliner, this was the day. The tractor seemed to be off the ground more than on it. Grandpa declared he wouldn't know whether to say it ran like a deer or flew like a swallow. But it kept up with the streamliner. When the engineer opened his throttle, the tractor simply yelled a little louder out of its exhaust and kicked harder at the dust and kept up. Yes, it even began to pull a little ahead of the streamliner. And then grandpa saw, not 50 feet ahead, the fence that marked the boundary of his land.

He says he doesn't know why he did what he did then. He couldn't stop anyway. He just pulled up on the steering wheel and grunted, and, believe it or not, the tractor took off like an airplane and jumped the fence. It came down on the other side with hardly a trace of a bump and scurried across Pete Littlefield's pasture like a frightened rabbit. When they came to the place where the tracks turned away from Littlefield's land, grandpa looked back over his streaming white beard and made a face at the engineer in the silver train. It was a face he had learned to make at Panora High School some 55 years before, and it was even more effective with a beard.

That was the first time Grandpa Hopewell flew in public. There might never have been a second. Several times he rode out deep into the south 80 where nobody could see him, stepped on the gas, pulled back on the wheel, and grunted. Nothing happened. Always nothing. Finally, he decided that flying over the fence had been an accident and went back to racing streamliners.

Those were the days when history walked a tightrope. If the daughters-in-law had been just a little less anxious for his health, he might never have discovered the secret of flight. But Adelaide persuaded her husband to have grandpa's gas ration cut so he would have less chance to hurt himself. The shorter grandpa's gas supply got, the more cider he had to mix in with it. And one day when he had a good mixture of high-test gas and homemade hard cider, the tractor took off and flew almost of its own accord.

Later, grandpa was inclined to disparage those early flights. That was after he learned to fly better, to bank by leaning, and to shift his weight backward or forward so as to climb or dive. But he admits there was never a thrill like the first time he sailed past a surprised hawk, or buzzed the cows, or looked down on his own land from the air. He kept his flying to himself. He would rumble across the fields until he was out of sight of the farmhouse and the tenants and then soar over the wood lots or the far pasture.

Sometimes he would go up for a few minutes at sunset to watch the day a little longer. He always loved to circle around and look down on his land that seemed so different from above and study the cloud banks that now seemed so near at hand. But most of all he loved to go up at dawn, when the ground was still shadowed and the stock just beginning to walk and stir, and meet the day half a mile up where the air was already shiny from the sunrise. When he came down, he wouldn't have known, if anybody had asked him, whether the wind had made his eyes water or whether they were wet because it was so beautiful where he had been. It was on one of those flights that he startled the passengers and crew of a low-flying airliner so badly that they had to land in Des Moines.

Grandpa Hopewell kept all that part of his life secret from the rest of his living. There were only a few signs of it. The tenant's wife, who kept

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

house and cooked his meals, was surprised to find him reading aviation magazines. And one day he fashioned a huge wind sock and hung it on the barn. Every man in Guthrie County made a joke about it, but grandpa said nothing, and after a while they quit talking, because they figured grandpa was old enough to have an eccentricity or two.

Yet he couldn't hide his hobby entirely; that was what got him into trouble with the Congregational Church. If he hadn't decided that he needed an aviator's helmet, and if the salesgirl had been able to keep her face straight at the sight of his bright blue eyes and his snowy beard sticking out from that helmet, there might have been no trouble at all. But no, she had to giggle. And then she giggled again, and soon she was shaking with uncontrollable mirth. Grandpa Hopewell clamped his jaw shut, and his blue eyes frosted over.

"Young woman," he said sternly, "do you know a cumulonimbus?"

The salesgirl's jaw fell open in the midst of a giggle. Grandpa counted out the price of the helmet and strode away, sizzling like a skillet.

When he got on his tractor, the wrath was still strong in him. Outside town, he took off quietly and came over to buzz the store. He got a good deal of satisfaction out of seeing the clerks rush to the front door and the manager's puzzled face at the side window. But when grandpa looked up, he saw the Congregational Church looming through the dusk ahead of him. He zoomed—too late. Like a chisel, he clipped off the point of the tower, and the stones fell neatly in the parsonage yard next door, where they disrupted a wedding that was being celebrated at the request of the bride's father.

The case of the tower was a famous episode in legal and journalistic history. Grandpa made no attempt to deny that he had done the damage. From one end of the country to the other, newspapers carried the full text of grandpa's preliminary hearing on a charge of desteepling a Congregational Church. In part, it read like this:

COUNTY ATTORNEY: The witness deponeth that, willfully and maliciously and with intent——

HOPEWELL: What's that?

COUNTY ATTORNEY: The witness deponeth——

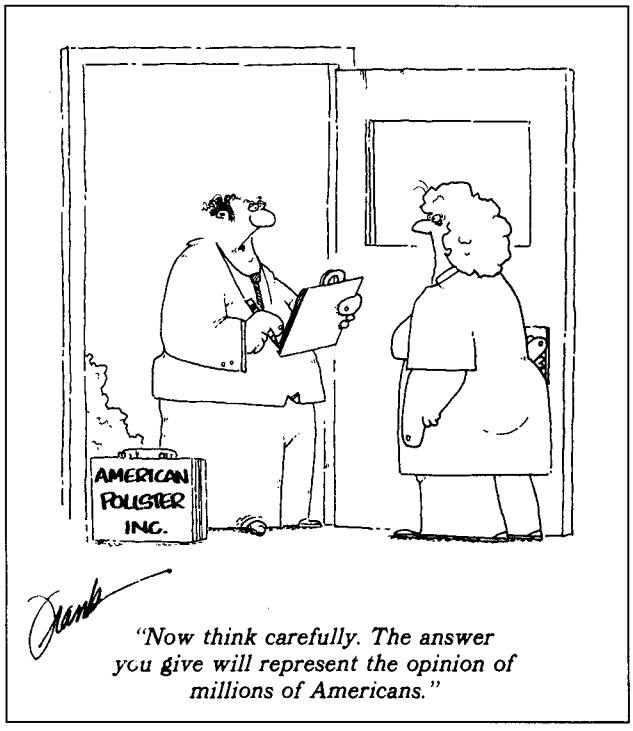
HOPEWELL: Look. I don't depone nothing. I just said that I was flying around in my tractor and I looked up too late and there was the church in front of me, and I busted it.

JUDGE: Did you say "tractor"?

HOPEWELL: Yes, your honor.

JUDGE: Did I understand you to say you were flying in your tractor?

HOPEWELL: That's what I said.



"Now think carefully. The answer you give will represent the opinion of millions of Americans."

JUDGE: Do I understand you to mean that you were proceeding in your tractor through the air, motivated by means or methods which are unknown to this court, in such a manner that no part or parcel of your vehicle was in contact with the ground?

HOPEWELL: I don't know. I said I was flying around in my tractor. I don't know what happened. Maybe I didn't have enough cider in the gas tank or hit a downdraft or something.

JUDGE: I want to apologize to this court. I have a new hearing aid, and it seems not to be adjusted properly. I seem to be unable to follow this testimony. I am very sorry. We will adjourn until tomorrow at 2 p.m.

Out of those days came one of the great quotations now taught all schoolchildren. The parson asked Grandpa Hopewell sternly, "What were you doing up there?"

Grandpa looked at him with the pity a seaman feels for a landlubber. "What were you doing down there?" grandpa asked.

Schoolchildren are usually taught that Emerson and Thoreau said those words when Thoreau was in jail for refusing to pay a tax he didn't like. Emerson asked Thoreau what he was doing in there, and Thoreau asked him, in return, what he was doing out there. But that is wrong. Those words were spoken on the front steps of the Guthrie County Courthouse by Grandpa Hopewell and Parson Spindell of the Congregational Church of Stuart, Iowa.

The investigation dragged on for months. If Grandpa Hopewell had tried to get out of it, maybe they would have convicted him. But he kept insisting he was guilty, and even the prosecuting attorneys kept insisting he couldn't be. The newspapers asked a number of opinions on the matter. Alexander Botts, the well-known tractor expert, was quoted as saying, "In all history, no Earthworm Tractor has ever been known to knock over a church steeple. Buy an Earthworm Tractor and keep your feet firmly on the ground!" Then he wired Grandpa Hopewell for a private appointment, but grandpa was miffed and didn't answer. Orville Wright said it was not aerodynamically sound, but, then, people hadn't believed him and his brother Wilbur, either. The governor of Nebraska said he didn't believe the story, although it might be true because of the accepted fact that Iowa people are frequently up in the air. A committee of famous psychologists arrived to debunk the story. Grandpa Hopewell offered them a taste of his cider and took them to the south 80. When they came back, they walked with eyes averted from one another. Asked to comment on Grandpa Hopewell's claim, their chairman snapped, "Obviously impossible!" Then he went to

continued on page 74

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

WHO SAID A ROSE IS A ROSE!?

Even the bees turn up their noses at the results of his "(n)ever-bearing" bushes.

by Maynard Good Stoddard

Illustrated by Don Trawin

"Your best chance of having a green thumb," observed my dear wife, looking at the rosebushes, my latest disaster in green thumbery, "is for gangrene to set in."

She needn't have observed that. I'm willing to admit I'm no Luther Burbank when it comes to this sort of thing. But who is she to criticize? Every year her peonies molt before their time. Her four o'clocks run on Pacific time. Her experiment to cross morning-glories with nightshade to get evening-glories went sour. And the mountain-olive "hedge" she planted, already 20 feet high and still growing, has made it necessary to relocate the driveway. So I got involved in this flora business only to conceal the damage that you-know-who, our two dogs, and a summer-long convention of moles had done to our—well, let's call it a yard.

A yard, according to Mr. Webster, is "the ground around or next to the house." A lawn, on the other hand, he describes as "land covered with grass kept closely mowed, especially around the house." So we have a yard.

Around and next to our house we don't have grass. What we have is ground. Nor do I refer to topsoil, which, because our ground is atop a hill, probably headed for the valley soon after Creation. What we have left is clay. Not clay, clay; this is the type of clay from which billiard balls are made. Indigenous to this clay are such florae as dandelions, wild onions, wilder grapevines, and sassafras and black locust shoots hoping to become trees. I won't embarrass my dear wife by mentioning her rock gardens gone to weeds, or the weeds gone to seed. I *will* mention the moles; I don't have to sleep with *them*. Not yet, anyway.

"Get rid of the grubs and you'll be shed of the moles," one neighbor told me. How to get rid of the grubs he didn't say. I shot $12.95 for a mole trap, the type the prey is supposed to trip, skewering itself on a battery of tines jabbing into the mole's thoroughfare. It didn't work. By the time those prongs penetrated the clay, the mole was probably home eating dinner. The smoke bomb was equally unsuccessful. It was one of those things you ignite and stick in the moles' tunnel, which you cover with a rock to keep the smoke from escaping. This scheme resulted in three new tunnels by moles seeking the no-smoking section of our yard.

Not only do we have moles, we have two dogs, who compete for the honor of pleasing their master by bagging one of those furry little suckers. Brutus, our old dog, using his senses of smell and hearing, can locate a mole, and with his common sense, he will dig as little as necessary.

Pepper, our little black dog, will attack a mole

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

tunnel that hasn't been used in a year, and he won't give up until only his tail is sticking out above ground. My dear wife picked up Pepper running along the blacktop near New Hope. The dog was running, that is. My wife doesn't run, much less carry a dog. "It's like picking up a ball on the golf course while it's still rolling," I pointed out.

"Someone dropped him," she rebutted. And that settled it. (I'm getting to the roses; just hang on.)

It was Pepper's last series of foxholes in the no man's land of our yard that I decided to camouflage with an equal series of rosebushes so that visitors (that'll be the day) wouldn't notice them—or notice that our yard has about as much grass as Telly Savalas' head has hair.

I had delayed for only one reason. Our closest neighbor is one of those irritating persons who could grow an amaryllis in a salmon can in dirt he knocked off the spikes of his golf shoes. And this show-off had been bringing roses to my dear wife that could easily be mistaken for red cabbages. Thanks to her enthusiastic reception, old Cabbage Head invited us over to shove his whole blooming rose garden down my throat before a live audience.

"Yeah, but bushes like that must cost a small fortune," I sour-graped as he was climbing a stepladder to reach a choice bloom. "And take most of your time getting them started," I graped further, as he pinned the rose to the shoulder of my dear wife's blouse and sent her to her knees.

"Got them on sale at K mart the day after Mother's Day," he said, chortling, with all the irritation he could muster. "A buck-29 each. And the kids stuck them in the ground when I was down with a bad back from foolishly trying to bring one of my Hubbard squashes up from the cellar without help."

"Do you think you could train one of those bushes to come over to our place?" my dear wife interjected. "It's the only way we'll get one."

This was good for a laugh all around—around to me, that is. I was already vowing a mighty vow to grow roses that would make old Green Thumb's red cabbages look like boutonnieres. I didn't care if it meant getting a second mortgage on the house, refinancing the car, and spending my weekends gripping a hoe handle instead of a golf club. I'd give him competition that would make the War of the Roses seem like a game of Drop the Hanky.

Not even the $5.95 per bush (no discount for six) the arrogant nursery person quoted me the next day would spare my opponent his comeuppance. Or comedownnance, to be precise. Had I any doubts, they were quickly dispelled by the huge red blossoms, about the size of a foot tub, illustrated on the tags. The tags also boasted, "EVERBEARING" and "Unconditionally guaranteed." I bought six bushes.

"Does your flower garden have roses now?" inquired the snooty salesperson.

"None to speak of," was my honest reply. We did have one scraggly bush of 90 percent thorns hugging the line fence, but I certainly wasn't going to speak of it.

"Then you'll want rose food, of course." The salesperson placed a ten-pound sack alongside my six bushes. "And dusting powder," he added, which he happened to have convenient to the cash register.

"They can eat what we eat," I said, holding up my hand. He looked at me incredulously the full length of his nose. "I mean table scraps, popcorn grannies, coffee grounds, stuff like that." I could see he wasn't impressed. "And my wife has this big can of dusting powder she got for Christmas. . . ."

". . .and trimmers," the salesperson mused, "and alcohol for disinfecting the blades."

"I don't need any of that, either," I protested. "I have a hacksaw for trimming and at least half a fifth of Jack Daniel's I can use for disinfecting. All I want is your 'EVERBEARING, fully guaranteed' bushes."

To make sure that my everbearers would come as a complete surprise to old Red Cabbage when I shoved the first blossom under his nose, I planted them at night on the lee side of our house. I poured a cup of water into each hole and packed around their burlap diapers the smallest lumps of clay I could find. I only hoped they wouldn't shoot up above the roof and give me away before the blossoms burst forth.

No sweat. Come blooming time, I was looking for one of those beautifully illustrated tags to see if an "N" could possibly have been folded over in front of the EVER in EVERBEARING. My entire crop of roses consisted of three sickly blossoms that looked no more like those gorgeous illustrations than my dear wife resembles Christie Brinkley. The bees ignored them.

By this time old Red Cabbage's backyard had become a 40-foot color page from Gurney's catalog. So I jerked my six sicklies out of the ground by the scruff of their prickly canes and drove back to the nursery. By luck, the same smug salesperson was on duty.

Tossing my bunch of brush onto the counter, I came subtly to the point: "I want my money back!"

Faking astonishment, he picked a piece of rotted burlap from the roots of a flora corpse and stared at me.

"You planted these bushes in their sawdust packing!"

"They were fully guaranteed," I said, hoping to change the subject.

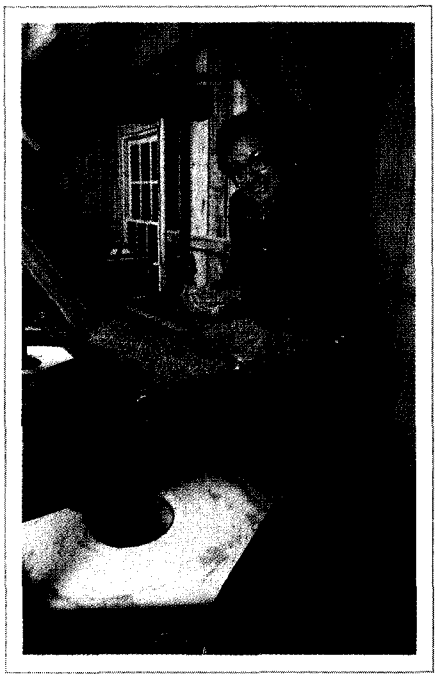
"You actually planted them in the sawdust jackets they were shipped in!" Then, turning toward the door at the back of the nursery, he hollered, "Charlie—listen to this!"

After Charlie's laughter had faded to a point where conversation again was possible, the salesman said the best he could do was to let me have six more plants at half price—$5.95. He said the price had doubled since my original purchase. He even warmed to the point of removing the burlap packing before turning the plants over to me.

"I would strongly advise that you get some help with the planting," he strongly advised me. I said I would.

I'm waiting now for old Red Cabbage's kids to come home from school.

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED



When not at her mill, Jewell spends her time where she "can do the most good," in her kitchen baking up new recipes.

FLOUR POWER: MIXING PLEASURE WITH BUSINESS

Jewell Evans has built a gem of a mill after deciding that America's eating habits have gone against the grain.

by Holly G. Miller

The scene is all Currier and Ives. A fire crackling in the fireplace is rekindled every so often by a lazy arm that lifts the den window and reaches for another sassafras log from the woodpile outside. A "Beware of the Dog" sign, down by the Evans' gate, alerts visitors to a bouncy retriever fully capable of licking a stranger to death. Dad, on a diet again, stretches in his La-Z-Boy and makes plans for lunch, even though it's only 10 a.m. Mom, in an apron, offers steamy muffins to her children (carefully avoiding Pop) who are gathered around a game table.

Meet the Bob Evans family. Down on the farm.

For more than 40 years, the Ohio entrepreneur Bob Evans has used sausage to bring home the bacon to his wife, Jewell, and their six children. But Bob retired from his 150-plus-restaurant operation on January 1, and Jewell and the kids have launched their own food business. Theirs is different, however. Hold the biscuits, gravy, cottage fries, and over-easy eggs. Jewell and company are into health foods: whole-wheat flour, corn meal, and ten-grain cereal. True grits, and totally delicious.

"We had the perfect place to build a mill, and we were able to get the stones," Jewell explains. "We had kids who said, 'Let's do it,' and we had a product we thought everybody in the world should have. We decided that at a time when people are reaching out for better nutrition, we'd offer it to them. That's what inspired us, and we're still excited about it. Of course, the food revolution is really too slow for us. We'd like to see things move faster. But people change their habits slowly."

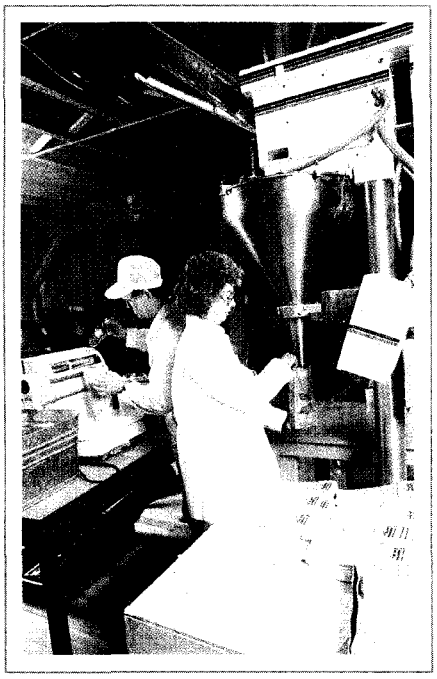
Although this is the second time Jewell has helped build a family food business from scratch, the circumstances are as different as the products. Back in 1946, when Bob Evans was a veteran just home from the war, the couple were interested only in farming their small spread outside Gallipolis, Ohio, overseeing their ever-expanding family, and running a 12-stool truck stop on the edge of town. The problem was sausage—or lack of it. Truckers heading south often stopped for a hearty breakfast of eggs, mush, and sausage. When Bob couldn't find sausage that met his and the truckers' standards, he decided to do some experimenting in his test kitchen back on the farm.

"It took me two or three years to get my formula figured out," Bob recalls. "Luckily, Jewell is an excellent cook. We had fun getting started, doing just what we pleased. It wasn't much of a risk because we didn't have any money to lose, anyway."

Forty years later, Bob Evans Farms, Inc., is a multimillion-dollar company, the modest family farm now encompasses 2,500 acres of rolling Ohio pastureland, and the children are scattered from Canada to Florida. Still, Jewell's interest in food is intact, and so is her zeal for a new challenge. "It's been more relaxed the second time around because, you see, our children are all grown and out of the nest," she says. "It's a lot

Thoroughly modern milling? Not exactly; the Evans Family Mill (above) uses centuries-old, tried-and-true methods, including hand grooving of the grindstone (left).

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED



Millers use a mix of old and new equipment to produce flours for making whole-grain muffins, breads, and cereals.

of fun to be involved, to know what's happening in the business world, and to pick up on new trends and new ideas. Once again I'm doing something interesting, but this time with my children."

Added motivation for the new venture came when Bob suffered a heart attack in 1980 and underwent open-heart surgery twice. After he recuperated, the couple traveled to the Pritikin Longevity Center in Santa Monica, California, where they spent 26 days in training with such notables as Buddy Hackett and George McGovern. When they weren't studying food preparation, trekking along the beach, or panting through rigorous fitness routines, they were being lectured, as Jewell explains, "about everything you put into your mouth." They returned to the farm lean and determined. The basement treadmill, rowing machine, trampoline, stationary bike, and sauna were put into regular use, and Jewell began mixing experimental batches of fiber-rich cereal.

"Actually, our daughter Debbie helped us become interested in the textured cereal," Jewell says. "Hers was six- or seven-grain, and it was wonderful. We started adding our own ingredients, like sesame and flax, and it became ten-grain, which is an absolute original. Now we take favorite family recipes, remove some of the condiments, add the ten-grain mix, and we get something very, very special."

A thoroughly modern milling operation was the logical next step. She proposed the idea to her sons Stan and Steve and her daughter Robbin, all of whom lived within driving distance of the family farm. The response was quick and enthusiastic. Jewel Evans Family Foods, or at least the kernel of the idea, began to germinate.

"Our whole thrust was to find the finest possible way to mill whole grain," recalls Steve, now charged with the marketing and research responsibilities of the business. "Sure,

continued on page 94

From Jewell's Kitchen

Ten straight hours in the family test kitchen may yield two "acceptable" recipes, Jewell Evans says. And that's on a *good* day. The cook-offs begin early; Jewell oversees the conversion of favorite traditional dishes into healthful, fiber-rich treats. Kneading the dough on a center-island chop block is Marieva Cregor, a long-time friend blessed with patience and strong hands.

"We might make a recipe and then decide it's not the right flavor, or maybe it's the wrong consistency," Jewell says. "Sometimes the base doesn't come together as we think it should. So, we just toss it out and start over."

Substituting Jewel* Evans Whole Wheat Flour and Jewel Evans Cornmeal for other brands requires no adjustments. Recipes remain the same, but finished products differ in taste, texture, appearance, and nutrition.

"There's a hearty, wholesome flavor," Jewell says. "We don't use any 'plastic' preservatives, coloring, or flavoring. All you taste are the grains."

Jewell's Favorite Whole-Wheat Bread
(Makes 2 loaves)

2 tablespoons or 2 packages dry yeast
¾ cup warm water
¼ cup honey or molasses
1 tablespoon salt
3 tablespoons oil
1½ cups milk, scalded and cooled to lukewarm
3-4 cups whole-wheat flour
2½ cups unbleached, all-purpose flour

Dissolve yeast in warm water. In large bowl, mix honey or molasses, salt, oil, and lukewarm milk. Stir in yeast mixture. Add flour gradually; beat thoroughly (use enough flour to make stiff dough). Turn onto floured board and let rest 10 minutes. Knead until smooth and elastic. Place in well-greased bowl; turn once to bring up greased side. Cover and set in warm place (80-85° F.) to rise until doubled (about 40 minutes). Turn onto lightly floured board. Divide into 2 equal parts and shape into loaves. Place each loaf into greased 9"x5"x3" pan. Cover and let rise until doubled (about 40 minutes). Bake at 375° F. about 50 minutes. Turn out of pans on rack away from drafts.

Hearty 10-Grain Cereal Muffins
(Makes 12 muffins)

1 cup buttermilk
1 cup 10-Grain Cereal
1 teaspoon salt
½ cup oil
½ cup brown sugar
1 cup raisins
1 egg, well-beaten
1 cup whole-wheat flour
1 teaspoon baking powder
½ teaspoon soda
2 teaspoons ginger
½ teaspoon cinnamon

Pour buttermilk over cereal in bowl. Add salt, oil, sugar, and raisins. Mix well and let rest about 30-60 minutes. Add egg to oil-and-grain mixture. Sift flour, baking powder, soda, ginger, and cinnamon into cereal mixture. Stir just enough to dampen flour; add more milk if needed. Spoon into greased muffin tins and bake at 400° F. 20 minutes. Best when served hot.

**Jewell Evans uses only one "l" in her company's name, Jewel Evans Family Foods.*

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

MY INSPIRATION

"I came to appreciate the immense power of someone who is unafraid to hold other people to a standard. And again I realized the way a single uncompromising question can force re-examination of a life."

by Diane Sawyer

Many of us, I think, can look back and recall certain specific moments in our lives that take on greater importance the longer we live. "The past has a different pattern," T.S. Eliot wrote, when viewed from each of our changing perspectives.

For me, one of those moments occurred when I was 17 years old. I was a high-school senior from Louisville, Kentucky, representing my state in the 1963 America's Junior Miss competition in Mobile, Alabama. Along with the other young contestants, I was doing my best to hold up under the grueling, week-long schedule of interviews, agonies over hair that curled or wouldn't, photo sessions, nervous jitters, and rehearsals. In the midst of it all, there was one person who stood at the center—at least my psychological center—someone I viewed as an island in an ocean of anxiety.

She was one of the judges. A well-known writer. A woman whose sea-gray eyes fixed on you with laser penetration, whose words were always deliberate. She felt the right words could make all the difference. Her name was Catherine Marshall.

From the first moment I met Catherine Marshall, I was aware that she was holding me—indeed, all of us—to a more exacting standard. While other pageant judges asked questions about favorite hobbies and social pitfalls, she sought to challenge. She felt even 17-year-old girls—perhaps *especially* 17-year-old girls—should be made to examine their ambitions and relate them to their values.

During the rehearsal on the last day of the pageant, the afternoon before it would all end, several of us were waiting backstage when a pageant official said Catherine Marshall wanted to speak with us. We gathered around. Most of us were expecting a last-minute pep talk or the ritual good-luck wish, or at most an exhortation to be good citizens, but we were surprised.

She fixed her eyes upon us. "You have set goals for yourselves. I have heard some of them. But I don't think you have set them high enough. You have talent and intelligence and a chance. I think you should take those goals and expand them. Think of the most you could do with your lives. Make what you do matter. Above all, dream big."

Diane Sawyer, the newest co-editor of CBS' "60 Minutes" TV newsmagazine, poses with her colleagues (clockwise from Sawyer) Mike Wallace, Ed Bradley, Morley Safer, and Harry Reasoner.

It was not so much an instruction as a dare. I felt stunned, like a small animal fixed on bright lights. This woman I admired so much was disappointed in us—not by what we were but by how little we aspired to be.

I won the America's Junior Miss contest that year. In the fall I entered Wellesley College, where my sister, Linda, was beginning her junior year. I graduated in 1967 with a B.A. degree in English and a complete lack of inspiration about what I should do.

I went to my father, a lawyer and later a judge in Louisville's Jefferson County court. "But what is it that you enjoy doing most?" he asked.

"Writing," I replied slowly. "I like the power of the word. And working with people. And being in touch with what's happening in the world."

He thought for a moment. "Did you ever consider television?"

I hadn't.

At that time there were few, if any, women journalists on television in our part of the country. The idea of being a pioneer in the field sounded like dreaming big. So that's how I came to get up my nerve, put on my very best Mary Tyler Moore girl-journalist outfit, and go out to persuade the news director at Louisville's WLKY-TV to let me have a chance.

He gave it to me—and for the next 2½ years, I worked as a combination weather and news reporter.

Eventually, though, I began to feel restless. I'd lie awake at night feeling that something wasn't right. I'd wait for the revelation, the sign pointing in the direction of the Big Dream. What I didn't realize is what Catherine Marshall undoubtedly knew all along—that the dream is not the destination but the journey.

I was still working at WLKY when, in 1969, my father was killed in an auto crash. His death—coupled with my urge to make a change—spurred me in the search for a different job and also seemed to kindle my interest in government, law, and politics. I racked my brain. I put out feelers. And then one of my father's associates said, "What about Washington?"

Several months later, in the autumn of 1970, I said good-by to my mother and Linda and to the good folks at WLKY, and I boarded a plane for Washington, D.C.

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Now, I know this may sound incredibly naïve, but when the plane landed at National Airport, I got off with a very firm idea of where I wanted to work. At the White House. True, in the eyes of official Washington I might be right off the equivalent of the turnip truck, but working in the White House was exactly what I had in mind!

Thanks to a few kind words of recommendation from a friend of my father's, I was able to obtain an interview with Ron Ziegler, the White House press secretary, and I was hired.

Those were heady days. The Press Office, located in the West Wing of the White House, was the hub for information. I worked hard and I worked long and loved every part of it.

Then came Watergate.

In the summer of 1974, President Nixon resigned. Immediately I was appointed to his transition team in San Clemente, California.

My assignment on the West Coast was supposed to last only six months. But a few days after my arrival, the president made a request I was totally unprepared for. He asked me to consider staying on in San Clemente—along with several other writers and aides—to assist him in compiling his memoirs. I had to make a choice, a choice I knew would have consequences.

"Career suicide," some of my friends mumbled.

But I had worked for this man, and he had been good to me. Now he was asking me for something I was in a position to give. I have never regretted the decision. I stayed.

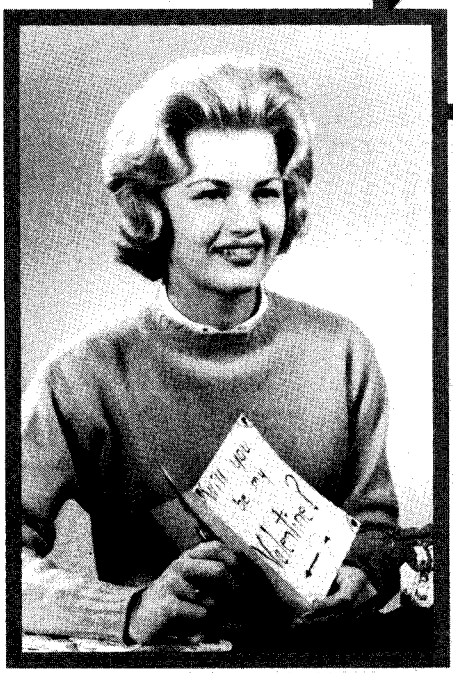
One day in the long exile, Catherine Marshall and her husband, Leonard LeSourd, came for a visit. Once again I felt the searching gaze and, implicit in it, the words, "What is next?" Again I came to appreciate the immense power of someone unafraid to hold other people to a standard. And again I realized the way a single uncompromising question can force reexamination of a life.

Today, after three years as a co-anchor on the CBS "Morning News," I'm a co-editor of CBS' "60 Minutes" television newsmagazine. We work at a breakneck pace with long hours and constant travel. I keep a suitcase packed at all times so that I can be ready to fly out on assignment at a moment's notice.

My New York apartment, which I see far too little of these days, has become my refuge, the place where I'm free to pad about in jeans and a sweatshirt—no make-up, no contact lenses, no hairspray. Sometimes I unwind by playing the piano. Or I relax by doing something simple but satisfying—baking a pan of muffins or cleaning out an old junk drawer.

When I go out into the world again, I can almost hear a wonderful woman prodding me with her fiery challenge to stretch further and, no matter how big the dream, to dream a little bigger still. God, she seems to be saying, can forgive failure, but not failing to try. ★

Catherine Marshall, a judge at the pageant, inspired Diane Sawyer to "dream big."



"There was something mystical about her, an inner glow. . .from an unusually sensitive spirit," Leonard LeSourd recalls.

The year was 1963, and a belle from Louisville named Diane Sawyer captured the America's Junior Miss crown.

The judges agreed that Diane Sawyer's unusual charisma made the Junior Miss contest no contest at all.

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

OUT OF AFRICA WITH DIANE SAWYER

The "60 Minutes" interview lasted only 45 seconds, but a starving Malian boy and his best friend are alive and well today because of the wave of compassion it created.

by Maynard Good Stoddard

Cheryl Carter-Shotts might have been watching "National Geographic," "Hardy Boys," or a Disney special that Sunday night, August 11, 1985. Instead, she had turned her TV dial to Indianapolis' Channel 8 and "60 Minutes." As a result, Mohammed Ag Albakaye, who would by now be dead from starvation, is alive and well and helping his new dad polish off five quarts of vanilla ice cream a week.

Inspired by Diane Sawyer, Mohammed is contemplating a career in television journalism. Peter Michael, the *Post*'s director of television, having returned from Africa, was called by Mrs. Shotts in her quest to find Mohammed. Now he gives Mohammed some advance camera training.

What Mrs. Shotts viewed that night was the rerun of a program aired in January 1985, a program that included an in-depth look at how the country of Mali was coping with the famine so prevalent in Africa. One segment of that story featured the correspondent Diane Sawyer's interview with what was left of Mohammed after his 11- or 17-year (most Africans don't register births) struggle to survive.

Diane Sawyer's presence in Africa was no fluke assignment. She had paid her dues as a newscaster, although, thanks to what one writer called a "special blend of the cerebral and the glamorous," she had paid them incredibly fast. The 5'9½" blonde who was chosen America's Junior Miss of 1963 might still, at 41, win beauty contests (the *Mrs.* America pageant excluded, for she has never been married—not even engaged). And she had brought that beauty along with journalistic skills (a stint at a local TV station and six years as a CBS reporter and news anchor) to her "60 Minutes" job.

Diane has a thing about interviewing. "I really think you have to use your instincts," she says. "Inter-

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

viewing is about using good instincts, about listening and curiosity." And from this combination of requisites came the fortuitous interview that changed the lives of the Shottses and saved the life of the malnourished African boy.

As Sawyer recalls, her film crew had been shown the "feeding camp" eight miles from the hard-to-reach city of Gao. While looking for a place to film, she heard a child behind her speaking English. Whirling around, she saw what she described as "the skinniest child in the feeding camp" staring back at her. His name was Mohammed, and he could speak English because he had been under the unofficial care of 12 U.S. Army engineers temporarily based in Gao since May 1984.

"Where do you sleep?" Sawyer asked.

"On the ground," he told her.

"Are you hungry?"

"Yes."

"All the time?"

Now safely out of Africa and residing in Indiana, the Mali natives Mohammed (left) and his best friend, Nimit, are embraced by their pal, "60 Minutes" co-editor Diane Sawyer.

"Yes. I see many children die every day."

Sawyer relates that he followed her and the crew everywhere, and they took him into Gao for meals. "He was like a starved animal," she says. "We let him order everything he wanted. He ate everything on his plate, then went from crewperson to crewperson, eating every scrap they had left. I gave him a little money and he bought himself some warm clothing."

Back in famineless Indianapolis, the interview with the 84-pound gamin, which lasted all of 45 seconds, left Cheryl Carter-Shotts "mesmerized." She remembers little else of the segment, except that Malians were trying to cope with nothing to eat but berries and roots they dug from the ground. "By the time the report was finished," she says, "I realized that this child had crawled into my heart."

When her husband, Charlie, came home a short time

Peter Michael, who lived in Africa until age 12 as the son of missionaries to Nigeria, helps Mohammed focus his career goals. Cheryl Carter-Shotts, Mohammed's adoptive mother, is his willing subject. Will Diane Sawyer be next? Will Mohammed become her favorite cameraman? Stay tuned. . . .

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

"I thought I'd never see you again," Diane sobbed when reunited in the U.S. with the boy she had interviewed in Mali. Later, she invited him on a tour of New York City.

later, she told him about Diane Sawyer's moving interview with the starving little boy. Not until Wednesday of that week did she confess to her husband that she felt such a great deal of "something" for this one African waif that she wanted to find him, bring him to America, adopt him, and love and care for him. That the Shottses already had three grown children of their own didn't affect Charlie's enthusiastic response. "Go for it," he told her.

Mrs. Shotts knew that the *Post*'s TV director, Rev. Peter Michael, had just returned from a trip to Africa, so she called to see if he could help find Mohammed. Peter, the son of missionaries, had grown up in Nigeria (where Mohammed had spent time also), and this was his favorite African country. But Peter's contacts were of no help in finding Mohammed in Mali.

Mrs. Shotts wrote to Diane Sawyer and then telephoned. "We talked and talked," Mrs. Shotts says. By the time the long conversation had ended, Diane had pretty well convinced her there was little hope of saving Mohammed from an early African grave.

Mali missionaries also tried to dissuade the Shottses with a grim appraisal of Mohammed's condition. Mohammed's father had starved, they were told. The boy had been begging for food in the Gao area for about two years. He had a clubfoot and a hump on his back, and he was extremely thin. He also had worms (because people in Gao bathed in, played in, and drank from the same river) and possibly suffered from tuberculosis. Did they still want him?

They did. They wanted him to the tune of $5,400 in savings, a $7,000 loan, $2,000 in phone calls, and an $800 waiver of a $30,000 bond. A good part of Charlie's luggage for the trip to locate and fetch Mohammed from Mali consisted of notarized documents. The $3,000 "bribe" money the Shottses had budgeted to pay Mohammed's two uncles proved rather high—the uncles settled for a goat each and food for one year.

Then came the day when another phone call from Indianapolis to New York brought Diane Sawyer the astounding news that, against incredible odds, Mohammed was now safely ensconced in the Shottses' home. Diane and her film crew were soon on their way for the joyous reunion.

"Upon seeing Mohammed," Mrs. Shotts recalls, "Diane flew to him, buried her face in his neck, and sobbed over and over, 'I thought I'd never see you again.' "

Among the highlights of Mohammed's first days in the United States (of which he is now a naturalized citizen) were the gift of flowers from Diane Sawyer following an operation on his foot, and her four telephone calls during his hospital convalescence. The caption under a newspaper photo showing Sawyer and Mohammed arm in arm, smiling broadly, reads:

"CBS anchorwoman Diane Sawyer warmly embraces Mohammed Ag Albakaye, a malnourished, malaria-stricken youngster from the desert of Africa, in New York. The boy who once wondered how long he would live is spending the weekend touring Manhattan with the television personality." One of the biggest kicks Mohammed got out of that exciting adventure, his American mom says, was watching Diane lying flat on her stomach to take pictures of the Statue of Liberty.

To talk with the Shottses is to hear nothing but praise for Diane Sawyer. To them, she is everything from "a beautiful person," "a fantastic woman," and "very sincere," to having "a heart of gold" and being "the most down-to-earth person you could ever hope to meet." To these accolades Mrs. Shotts adds her impression of Diane's professionalism. "She interviewed us for a whole day without using a note or requiring a retake," Mrs. Shotts says.

Since the broadcast of that interview, she recalls, their phone hasn't stopped ringing. Many of the calls are from people wanting to know how to adopt African children—something Mohammed is all for. (The Shottses have since founded Americans for African Adoptions, Inc.)

In a key-to-the-city ceremony in Indianapolis Mayor William Hudnut III's office, Mohammed was asked what gifts he would like for Christmas. Mohammed replied, "A watch and my best friend, Nimit." He had last seen Nimit in the Gao hunger camp.

When the media flashed Nimit's picture around the country, 13 people called to ask about adoption. But 12 immediately lost interest when they heard the cost. Not the 13th. A film crew from "60 Minutes" later recorded Nimit's arrival at the Indianapolis airport and followed him and his new parents, Raymond and Tona Moore, to their home in Bloomington. Nimit

continued on page 106

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

CATHERINE MARSHALL REMEMBERED

Diane Sawyer is just one of the millions whose lives have been touched by the books, articles, and inspiring words of this remarkable woman.

by Dick Schneider

As Diane Sawyer fondly remembers Catherine Marshall, so the inspirational author remembered her. After their brief encounter in 1963, they became friends over the years.

"The moment we met that poised, talented 18-year-old, we sensed that she was someone very special," says Leonard LeSourd, who, along with his wife, Catherine, was one of the judges at the 1963 America's Junior Miss Contest. "Because of her unusual charisma, she was, in a way, a problem for us judges in that she was in a class by herself. There was something mystical about her, an inner glow that both Catherine and I found came from an unusually sensitive spirit and a deep humility.

"Catherine was never more of a prophet than when she said to me after the contest, 'That lovely girl has unlimited potential.'

"We have stayed in contact with each other," LeSourd says, "and when Diane's father was killed in an auto accident in 1969, she was on the phone with us within hours. Catherine ministered to her, and the two prayed together."

Diane Sawyer is just one of the millions of people whose lives have been touched by the internationally beloved author. Catherine Marshall's 20 books and countless articles continue to inspire readers today.

Catherine had a remarkable facility for reaching a wide range of people, from housewives to business executives, from teen-agers to celebrities. Dean Smith, the coach of one of the nation's top basketball teams, the University of North Carolina Tar Heels, has said reading Catherine Marshall's book *Beyond Ourselves* helped him at a crucial point in his life. Max Cleland, Georgia's secretary of state and the former V.A. administrator under President Carter, has told how much her works helped him deal with losing both legs and an arm in Vietnam.

Through such writings as *A Man Called Peter* and *Christy*, Catherine Marshall dedicated herself to helping others find the riches awaiting them through faith.

Why does her writing have such a wide following? Probably because Catherine Marshall experienced life so deeply through marriage, motherhood, everyday struggles, illness, tragedy, and death. And drawing from this bittersweet well, she touched chords common to us all.

Catherine grew up during the Depression. Her mother, Leonora Wood, remembers when she found her high-school daughter sobbing on her bed as she faced the impossibility of attending college because of the poverty that blighted the hills around Keyser, West Virginia, where they then lived.

"See here," her mother said, "you and I are going to pray about this." Leonora talked about the confidence faith gives and how when one turns problems over to God, He listens. Later, a federal project paid Catherine's mother to write the history of their West Virginia county, and this money helped meet tuition expenses.

Catherine graduated Phi Beta Kappa from Agnes Scott College in Decatur, Georgia, in 1936. (She later served as a trustee.) While there, she met the Reverend Peter Marshall, the popular young Scottish pastor of Westminster Presbyterian Church in Atlanta. After their marriage in the fall of 1936, he pastored the historic New York Avenue Presbyterian Church in Washington, D.C., where the informal sincerity of his sermons made him one of the nation's most highly regarded preachers.

In 1947 Peter Marshall was named chaplain of the U.S. Senate. He became known particularly for his illuminating prayers on the Senate floor. Two years later, however, he died suddenly of a heart attack, leaving Catherine as a 34-year-old widow with a 9-year-old son, Peter John Marshall.

It was a gloomy scene in the parsonage some weeks later when four well-meaning businessmen, officers of the church and good friends, came to advise Catherine on her future. Her income would drop drastically, they pointed out; she would have to sell her car and cut her living expenses to the bone.

continued on page 107

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

ATHLETES AND STEROIDS: THE BAD BARGAIN

In the race to win, amateur and professional athletes are trading their future health for muscle size and strength.

by Virginia S. Cowart

Many young athletes are making what may prove to be a Faustian bargain with drugs, specifically anabolic steroids. They use steroids now to grow larger muscles, not knowing if, years later, the drugs may shorten their lives or cause chronic medical problems, such as heart disease, liver trouble, urinary-tract abnormalities, or sexual dysfunction.

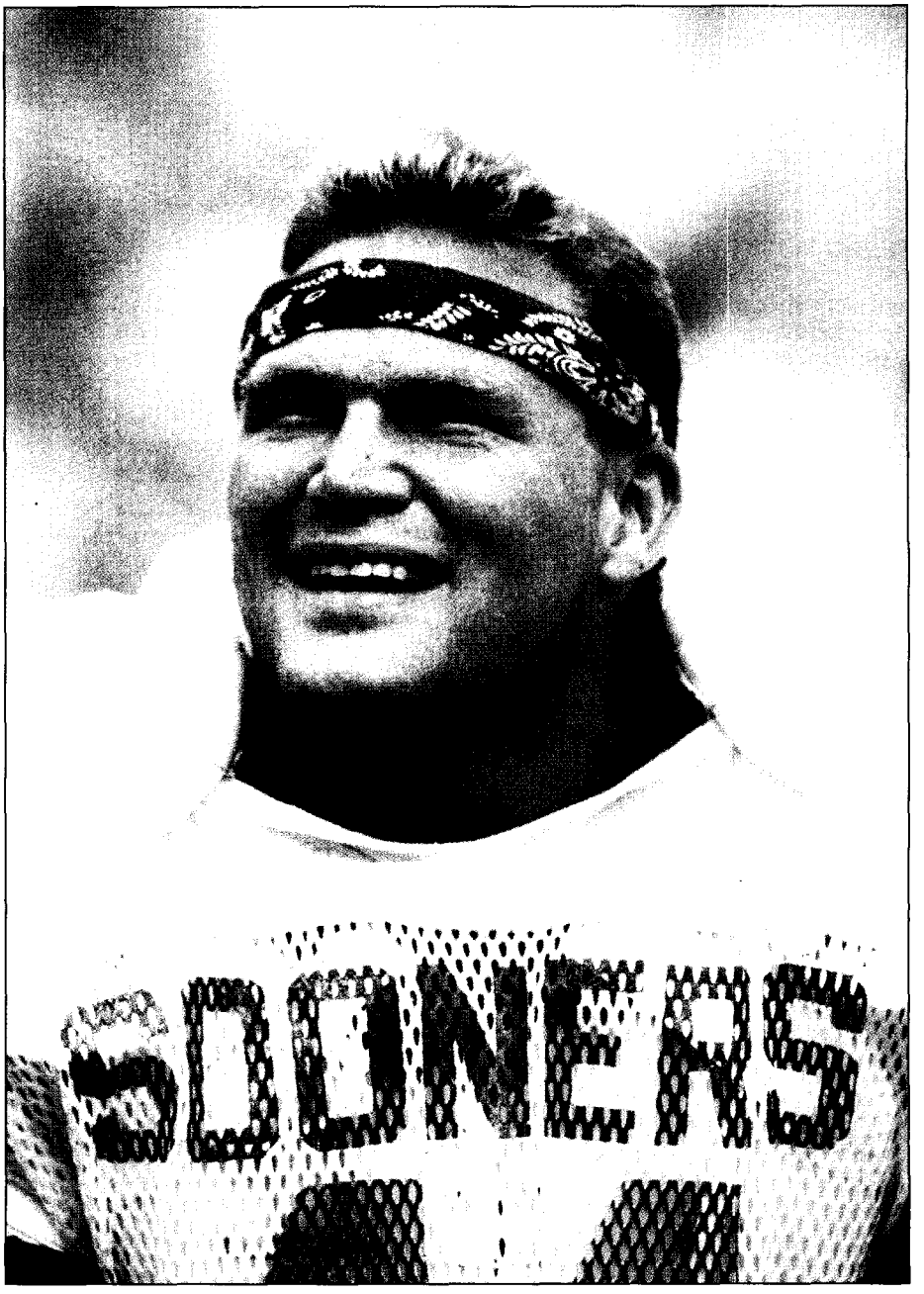
There is no shortage of takers for this bargain. Both amateur and professional athletes are using anabolic steroids, and many experts fear the number will increase because steroids are readily available from both legal (prescription) and illegal sources.

The Current Uproar; Its Background

Steroid use by college-age or younger athletes was dramatically underscored last December, when more than 20 college football players—from at least seven universities—were barred from participating in postseason bowl games because tests showed they had used steroids. Best known among them was the all-American linebacker Brian Bosworth, of the University of Oklahoma. He was highly critical of the National Collegiate Athletic Association (NCAA), which had ordered testing. "Steroids are a legal drug," he said. "I'll continue to fight against the abuse of drugs—recreational drugs that are destroying society. Steroids aren't destroying society."

Many observers think steroid use destroys fair competition, though, and thus is unethical. Nobody knows yet exactly how harmful the practice may be to healthy people.

Steroids, first used in sports competitions in the 1950s, have led the list of chemical performance enhancers since that time. Steroids are especially prevalent in sports requiring strength



Brian Bosworth, the University of Oklahoma's all-American linebacker, was barred from the 1987 Orange Bowl when he tested positive for what some experts think is the most dangerous form of anabolic steroid. Bosworth says he took the drugs to help heal injuries.

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

and endurance, such as football and weight lifting. Because anabolic steroids cause fundamental derangements of body chemistry, the number of physicians who will prescribe them has declined sharply.

Steroid use in the United States is often attributed to the late Dr. John B. Ziegler, the team physician for the U.S. weight lifters at the 1954 world championships. He became friends with a Russian physician, who confided that some members of his team were using testosterone. Ziegler looked at the Russians and he was impressed. Back home, he began conducting his own studies. He was later quoted as saying he would like to take that chapter out of his life, that he did not realize most of the weight lifters had obsessive personalities that mixed poorly with drug use; they loved what the pills did and ignored recommended doses.

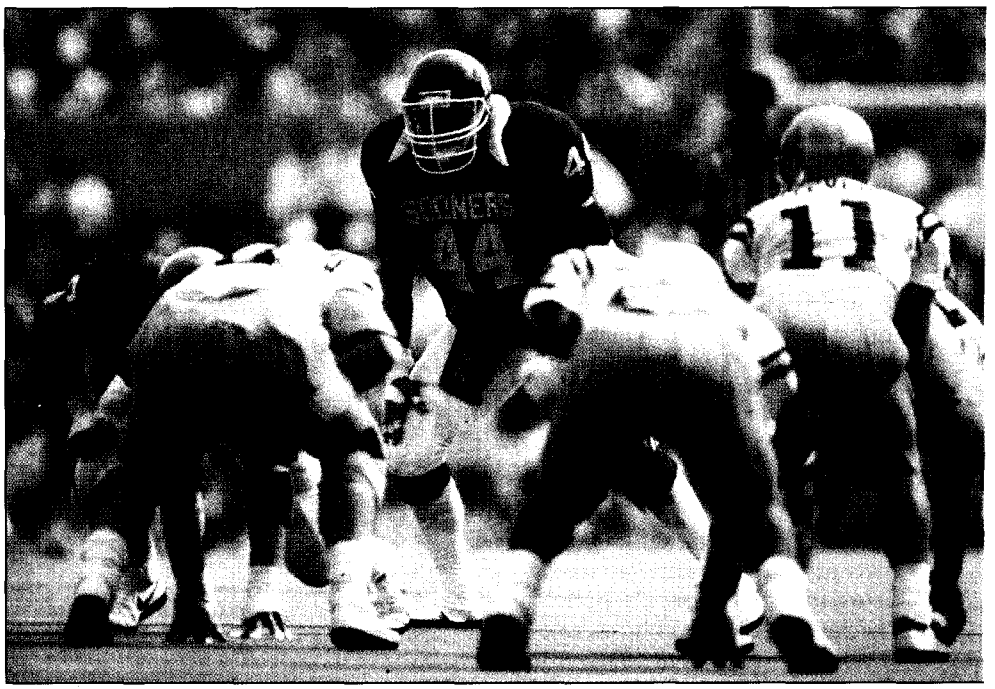
There Are Steroids, and Then There Are Steroids

The public, and perhaps some athletes, may be confused about steroids. There are two types of steroid hormones: 1) those produced by the adrenal glands, which control many of the body's biological processes; and 2) the sex hormones produced by female ovaries and male testes (estrogen, progesterone, and testosterone).

1) *Corticosteroids* became widely available after cortisone, a steroid with anti-inflammatory properties, was first manufactured synthetically in 1948. Corticosteroids are used to treat a number of disorders, including asthma, arthritis, certain types of cancer, and injuries involving inflammation. Many athletes have had injections of corticosteroids to reduce inflammation accompanying injury.

2) *Anabolic* (a term meaning "constructive metabolism") *steroids* were the result of an attempt to separate the androgenic, or masculinizing, aspects of steroids from their ability to add muscle. Although Bosworth and other football players' stated reason for taking the drugs was injury treatment, anabolic steroids do not have anti-inflammatory properties. They are not prescribed as a treatment for injuries.

Could athletes innocently be confusing the corticosteroids with anabolic steroids? Dr. Bertram Zarins, a Harvard Medical School orthopedic surgeon and the team physician for both the New England Patriots football team and the Boston Bruins hockey team, disagreed. "I doubt they confuse the two," he said. "I think most people who take anabolic steroids know what they're taking." Of prescribing anabolic steroids for knee injuries, he said, "I have never done it or seen it done," and added, "I have never seen the need to prescribe anabolic steroids for any reason."



What are steroids' long-term effects on such athletes as Bosworth (above, number 44)? Doctors are unsure, but evidence points to heart, liver, and urinary problems. Steroids may also make some athletes more injury prone and promote violent, aggressive behavior.

Bosworth said he took an injected steroid known as Deca-Durabolin, a favorite among weight lifters. Dr. Donald H. Catlin, director of the laboratory at the University of California at Los Angeles, which did the drug testing for the 1984 Olympics and some of the NCAA testing, said the type of preparation Bosworth took is the most dangerous of the steroids: "It's administered in an oil-based solution and releases its contents over weeks and months; consequently, the pituitary is suppressed for a long time. My clinical impression is that if one had to take them [steroids], oral agents are less dangerous than the oil-based, injected solutions."

Tests the Students Can't Study For

Dr. Catlin emphasizes that his laboratory is very careful about testing procedures, which are the same procedures used for the 1984 Olympic Games. An athlete must donate the specimen under observation. It is divided into two vials and placed in special cases. A wax seal is then attached by the athlete. Samples are identified only by number codes, not by athletes' names. There must be a clear chain of custody until they reach the laboratory. Only the A sample is tested; the B sample is not tested unless there is a positive result on the first test.

"My position," Dr. Catlin said, "is that we will work with any group willing to follow certain basic guidelines we think are necessary to defend the credibility of the testing. If the samples were not collected properly, they might as well not be analyzed. There is no way I could justify working on samples that could have come from anywhere."

Performance-enhancing drugs are taken far in advance of competition and are metabolized so extensively that laboratories must look not for the drug itself but for metabolic products—as many as four or five different metabolic products for each drug. Besides the cost of the equipment, another reason for the expense of drug testing is that the laboratories must create metabolic pattern libraries.

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Bosworth was critical of the NCAA for both the testing and its timing. He claimed he hadn't been given enough notice to get the steroids—which he said were prescribed by a doctor to help him recover from shoulder and thigh injuries—out of his system.

"Everyone knew," said Ursula Walsh, the NCAA's director of research and sports sciences, about the testing program passed by the NCAA January 10, 1986, and put into effect last August. Oklahoma football coach Barry Switzer said he warned Bosworth about testing that same January.

What Do Steroids Do?

Dr. Richard Strauss, an Ohio State University professor and an authority on steroids, said it was possible that a physician actually did prescribe the steroids for Bosworth. Dr. Strauss pointed out that the first medical interest in them was from surgeons who wondered if they could be used to build up debilitated patients. But he added that no good data suggest the effectiveness of such a treatment.

Researchers do know that anabolic steroids cause derangement in pituitary function and changes in lipoprotein levels that may lead to hypertension. Other risks may include liver and kidney problems, sterility, masculinization (for females), and skin problems.

Dr. William N. Taylor, a Florida physician who has been writing about steroids for several years, thinks a connection between the use of anabolic steroids and the increasingly violent personalities of athletes is likely. Dr. Taylor says steroids cause normal behavior to become "polarized," resulting in a more hostile, aggressive, and assertive nature.

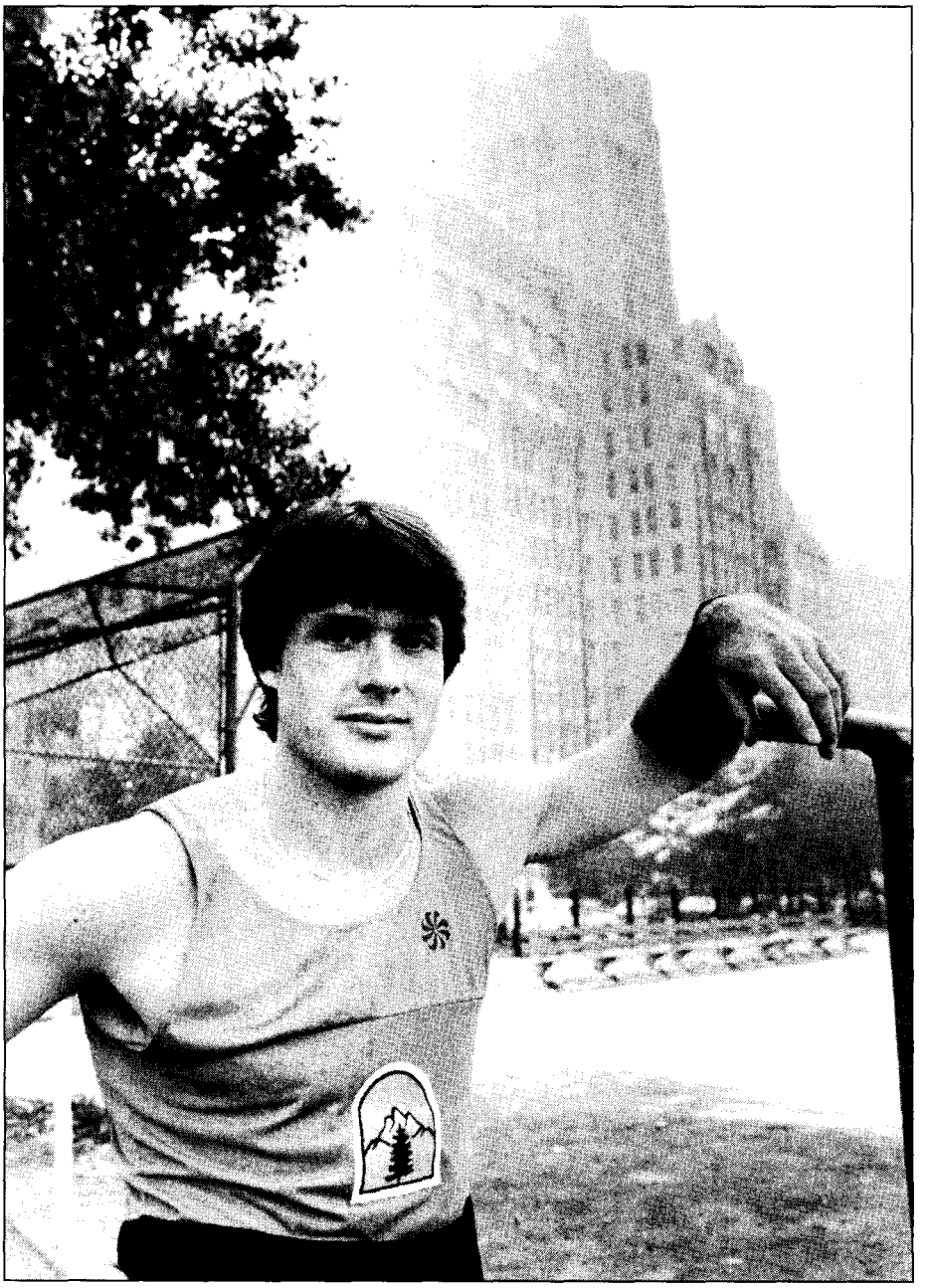
Recently, *Sports Illustrated* charged that steroids are a major part of weight-training programs of professional football players and that the increased player size seen over the years owes more to steroids than nutrition. It also suggested that some injuries occur because players have more weight on their bodies than their frames were intended to bear.

"I think it's true," Dr. Strauss said of the *Sports Illustrated* charges, "but I don't have any data to support that. It may be that muscles get bigger and stronger more quickly than tendons can adjust, causing a higher risk of tendinous injuries."

Dr. Strauss' opinion is seconded by Dr. Forest Tennant, the California physician who runs the National Football League's drug-education program. Tennant noted there have been some problems with slow healing in players known to use steroids and said, "If you get too much muscle, you don't heal well, because the muscle is too heavy for its support."

Drs. Catlin and Strauss have been following amateur athletes who use drugs during training and resist counsel on their dangers. Speaking of the long-range outlook for athletes who take steroids, Dr. Catlin said, "We really don't know. There is a pool of people who started on steroids in the 1960s. But nobody has scientifically studied this pool to try to find answers to the specific questions of interest." Thus, he says, it is not known whether steroids lead to cardiovascular problems, what the teratogenetic (embryo-deforming) effects in women may be, or whether steroids cause an increase in the number of tumors.

Even though steroids are known to be growth promoters, Dr. Catlin said



"No drug has ever been shown to enhance athletic performance," says Dr. Craig Brigham, once a world-class athlete and now an orthopedic surgeon. He believes steroids have a powerful placebo effect but thinks many physicians overstate the drugs' dangers.

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

it is "a very long leap to go from what is known about basic pharmacology of steroids to speculating what may happen 20 years down the line to a weight lifter who started taking steroids in 1965."

Also unknown is whether the derangements in chemistry that occur with steroid use are reversible. "When I look at the changes in high-density lipoprotein and low-density lipoprotein levels and pituitary function in steroid users, [I conclude] these people are sick," Dr. Catlin said. "We know, for example, that a male who takes high doses for a few months will lose production of sperm. But you may look at a man who has these changes, and he's 6'5", 250 pounds, and looks as healthy as a horse. It's almost a judgmental question.

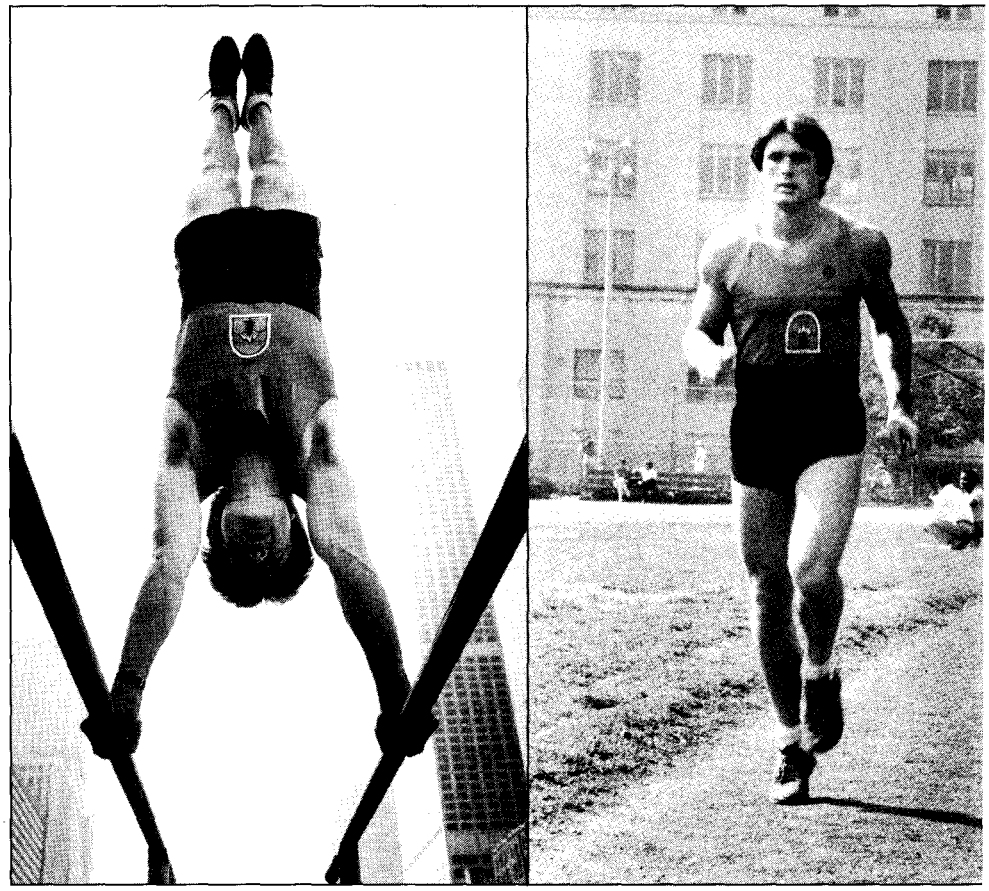
"Physicians would look at this situation and conclude the use is harmful," Dr. Catlin continued, "but the counterargument from the athlete is that he understands the risk, and it is acceptable to him because of the benefit he hopes to obtain."

A Physician-Athlete Speaks

Dr. Craig Brigham, a Chicago physician and twice an Olympic decathlon aspirant, said he understands that position very well. Dr. Brigham said most world-class athletes who use steroids do not associate value judgments—"right" or "wrong"—with that use. Steroids are as much a part of training as weight lifting, Dr. Brigham said, adding he reluctantly used steroids himself during one period of his training.

Appealing to a world-class athlete's concern for his health probably has little effect, Dr. Brigham pointed out, because most athletes don't perform for their health and because some would use methods or drugs they knew to be dangerous if it would help them win. "I'm for the athlete," Brigham said, "because, believe me, I know the pressure. Unless you've been in the position of being potentially the best in the world, you can't understand that pressure. An Olympic contender has one shot at it, and if he believes other athletes are taking something to give them an advantage and put him at a disadvantage, he will want it too."

On the other hand, Dr. Brigham is not entirely convinced steroids do enhance performance. "No drug has ever been shown to enhance athletic performance. There are just drugs that athletes *think* enhance performance," he said. Anabolic steroids have a powerful placebo effect, Dr. Brigham explained, and because the user can see changes taking place in his body, they reinforce that effect.



An untimely bout of mononucleosis in 1976 and the U.S. boycott of the 1980 Moscow Olympics frustrated Dr. Brigham's efforts to become another Bruce Jenner. Once a steroid user himself, Dr. Brigham knows firsthand the pressures that can compel an athlete to try any training advantage, real or imagined, despite the risks.

Dr. Brigham believes taking pills to improve performance is a natural step for many athletes who are part of a drug-oriented society and accustomed to taking vitamins and to making dietary manipulations as part of training.

He does not condone steroid use, primarily on ethical grounds, but he thinks some physicians overplay the actual dangers involved. In Dr. Brigham's opinion, the drugs might not be any more harmful than oral contraceptives.

Dr. Brigham suggested doctors will have more influence with their athlete patients if they avoid condemning steroids and simply point out that, without proven benefits, they can't really justify the risk of steroid use.

Athletes have indicated the basic questions about steroids to be addressed are: "Do they improve performance?" and "Are they harmful to healthy people?" If the answer to the first question is found to be yes, some won't care what the answer to the second question is.

Opponents of steroid use have been more successful in attacking it on ethical grounds, asking, "Is it fair?" Dr. Robert O. Voy, the sports-medicine and sports-sciences division director for the United States Olympic Committee, summed up this school of thought. He said he cannot understand why physicians would consider prescribing these drugs. "The U.S. Olympic Committee feels an obligation to the American public to demonstrate fair competition in amateur sports," he said. "That is very important to our charge. The American public does not want to support an athletic program that is the best chemistry can provide; that's an adulterated or perverted activity. What's the point of setting records on pills, not innate human ability?"

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

"I THINK YOUR MOMMY'S HAD A STROKE"

A president's daughter poignantly recalls the drama of her mother's sudden bout with serious illness.

by Julie Nixon Eisenhower

At the end of June 1976, David, who had just graduated from George Washington University Law School, and I arrived at San Clemente for a month's visit. On July 3 we attended a Bicentennial party organized in my parents' honor by some of the men and women who had supported them since 1946. The party in Newport Beach was their first formal public event together since China. My parents stayed late, greeting old friends and signing autographs, and they did not arrive home until 1 a.m.

Three days later, on July 7, my mother suffered a stroke. It had been a traumatic day. In the morning she had read part of *The Final Days* [Carl Bernstein and Bob Woodward's book about the last months of the Nixon White House], which, despite my father's protests, she had finally borrowed from one of the secretaries in his office. Even as she read, uppermost in her mind was the news he had shared with her just before leaving for work at 8 a.m.: that the next day the big story would be his disbarment from the practice of law. Despite all my father's efforts in the previous months to have his resignation accepted, the New York State Bar had gone ahead with a full and expensive disbarment proceeding, presumably in the hope of humiliating the former president.

Since Manolo and Fina Sanchez, the housekeepers, were in Spain on a month's vacation, my mother had spent most of the afternoon housecleaning. When she sat down on a chaise longue on the patio around 4 p.m., the late-afternoon sun was warm and soothing to her face. But the rest of her body felt heavy and spent. She was so exhausted she did not think she could ever get up again. Shortly before 5 p.m., however, she

Steven M. Falk

We all know the landmarks of Richard Nixon's political career, but only Julie Nixon Eisenhower could show us the vital role Pat played in the Nixon story.

forced herself up from the chaise and, stumbling slightly as she walked, managed to get to her room and change for a predinner swim with my father, David, and me. She spent most of the time on the steps in the shallow end, but since she occasionally did that, we noticed nothing out of the ordinary. During dinner, she said little and ate only a few bites of the meal I had prepared and then went to her bedroom.

She remembers she could hardly walk. But she had no idea she was having a stroke, nor did any of us guess something was wrong. When I went to her room an hour later to see if she wanted to watch the televised White House dinner in honor of Queen Elizabeth, she was lying on her bed, fully clothed, sound asleep. I thought it was odd, but the room was dark, and I assumed she had simply been extremely tired and would undress later.

In the middle of the night, mother woke up and felt she should wash her hair, for we were planning to have dinner with Charles and Connie Stuart, her former staff director, at a restaurant the next day. But she found she was so fatigued she could barely move. She managed to get her nightgown on and fell back into bed. In the morning, shortly before 7 a.m., mother went out to the kitchen to get my father's coffee ready. She had trouble with her left hand when she tried to open a new can of coffee, and when my father came in a few minutes later, he found her struggling with the top of his grapefruit-juice bottle.

He noticed immediately that the left corner of her mouth was drooping and that her speech was slightly slurred. He guessed then she had had a stroke. Not wanting to frighten her, he said nothing. Quickly, he drank his juice and a few sips of coffee and then told mother he was going over to the office.

Instead, he rapidly walked through the inner courtyard and knocked on my bedroom door, calling, "Julie, Julie." His voice was so low that David did not awaken, but I could tell by the tone something was wrong. I opened the door, and he beckoned for me to follow him down the corridor toward the front door. As we rapidly walked along, he said, "I think your mommy's had a stroke." It was 7:30 a.m.

He asked me to go into the kitchen and try to convince mother that the weakness she felt in her left side was not normal and that she should get into bed. By 8:10 he was able to reach Jack Lungren [chief of staff at Long Beach Memorial Hospital], describe

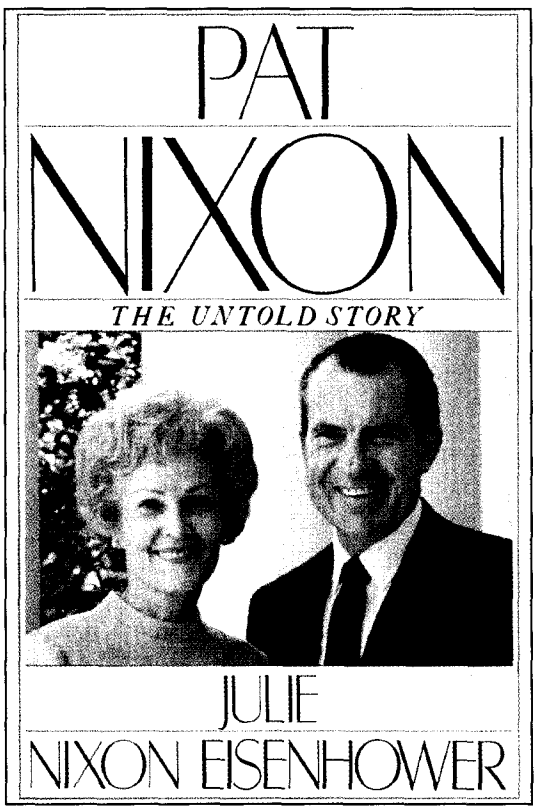
PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

the symptoms, and, at Lungren's request, call for a doctor from nearby Camp Pendleton. Despite mother's objections, the chief of medicine from Pendleton examined her at 10 and told her she had had a "tiny stroke." Then the doctor and I went outside into the courtyard for a private conversation. He stated that mother would need to be hospitalized to determine how much damage she had suffered from the stroke and, more important, to observe her in the next, crucial 24 hours as the stroke ran its course. As we stood on the patio talking, the sun was already hot and brilliant. Next to us the sound of the soft splash of water from the fountain of Mexican tiles was soothing; birds and butterflies darted among hanging baskets and beds of flowers. It was beautiful and unreal. A few feet away, mother lay in a shuttered, dark room while David tried to talk lightheartedly to her about anything but illness.

Fifteen minutes later, after a conversation in his office with the doctor, my father ordered an ambulance and came over to the house to tell mother gently but firmly that they would be going to the hospital. She protested, claiming she was just tired and all she needed was rest. But, despite the brave words, she was frightened. When the Camp Pendleton doctor took her blood pressure, it was markedly elevated—175 over 110.

Mother herself packed a small suitcase, and when the ambulance arrived for the trip to Long Beach Memorial Hospital, she climbed independently onto the stretcher table in the van. My father and I rode with her the 40 dreary miles of freeway that stretch between San Clemente and Long Beach, the same trip she had made so many times almost two years ago to visit him. The spires of taco and burger stands and the gas-station signs loomed above the stretches of tract housing. Mother kept her eyes closed throughout most of the trip. There was very little conversation. Each of us was wrapped in his own thoughts, including a Secret Service agent, Bill Hudson, who sat in the front seat next to the ambulance driver. Just as all of mother's friends would feel as soon as they heard the news, Bill was stunned by what had happened.

Tricia, with her little gray poodle, Pooh, under her arm, was in the air en route to California from New York within an hour and 15 minutes of hearing from my father that mother had had a stroke. When she landed in Los Angeles, she saw a large headline, "Pat Stricken." To see the words in print was a shock to her. It was just as well she had not heard the statement of mother's neurologist, Dr. John Mosier, who told the press that evening that Mrs. Nixon's stroke was only 35 to 50 percent completed. "I think she will walk," Mosier said. "She may not walk normally. If the stroke doesn't get any worse, she's not going to die. If it gets worse, well, people do die from strokes."



The story is all here, from Pat Nixon's birth in a miner's shack in Nevada to her years in the White House—and the days that followed.

Mother was sitting up when Tricia entered the room. One of her eyes was open, the other shut. Slurring her words, she told her daughter, "Oh, Dolly, what a pretty dress." When Tricia bent to kiss her, mother apologized that she could not hug her in return because her left side was not functioning. Tricia blurted out, "I'm so sorry you had to have the spinal tap," referring to the culmination of three hours of tests she had just undergone. Mother, for once not belittling pain, answered Tricia, "Oh, honey, it really did hurt."

Tricia and I spent the night at the house of Jack and Helene Drown, old family friends, in order to be closer to the hospital. When Tricia remarked to Helene, "Mother doesn't seem depressed," Helene responded truthfully, "Of course she's depressed." She had seen the head nurse of intensive care, the vibrant, confident woman who had cared for my father 20 months before, go into mother's room, and she heard mother say, slurringly, "Connie, I'm beat. I'm through." But to my father, to Tricia, and to me, and even to Helene, she was magnificently brave.

At San Clemente that night, Diane Sawyer, who was part of a research team of three assisting my father with his *Memoirs*, stayed late to answer the telephones. On her list of callers, which included Bebe Rebozo, Ambassador Huang-Chen of the People's Republic of China Liaison Office, Dr. Henry Kissinger, and John B. Connally, there was the name Clark Wanger. Next to his name, Diane had recorded:

Just a private citizen. Spent entire evening trying to get a number to call, finally did at 2 a.m. EST. Sent a wire, too, but felt somehow that wasn't enough to express how he and his family feel. They are simply part of what RN used to call the silent majority. The people still out there who believe in him, still do. Wanted to wish speedy recovery. Wants nothing in return. . .said "this will mean nothing to RN, but I just want him to know that there are so many who are sorry, so many who love. . . ."

In the next week an average of 6,000 messages and 50 bouquets of flowers arrived daily at the hospital. Despite the shock and all-encompassing fatigue of the stroke, mother checked each day to see if the flowers had been distributed to other patients and the hospital staff. Thousands more letters and telegrams were sent to San Clemente. In the end, more

continued on page 90

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

MAYBE IT WAS SOMETHING YOU ATE

Chances are "that 24-hour bug that's going around" is not the flu, but salmonella poisoning—one of the great underreported diseases in America today.

by Penny Ward Moser

Illustrated by Marcus Hamilton

The force was with me. Or, rather, inside me. And it was trying to get out in a hurry. My intestines felt as if they were playing host to a Bears-Raiders game. I was sick.

It has happened to all of us. In a few hours we go from well to wretched—and retching. Most of the time we blame the flu, and we even make up strains to suit the occasion, such as "the 24-hour bug that's going around."

But influenza is getting a bad rap. Last year in the United States, perhaps as many as 81 million times, what made us sick was something we ate. Roughly 9,000 people died of food poisoning, or food-borne illness, as government health officials call it.

My affliction was salmonellosis, so named because it was the result of my ingesting salmonella bacteria. The strain that got me was *Salmonella enteritidis,* from an antigenic group that includes the rare—at least in the United States—and deadly *Salmonella typhi,* the cause of typhoid fever. The primary symptoms of *Salmonella enteritidis* are a headache, followed by days of what doctors term "unrelenting diarrhea." The usual treatment is to tough it out. My week of toughing it out included a diet of soy milk, cornflakes, and rice selected from a list of foods my doctor recommended.

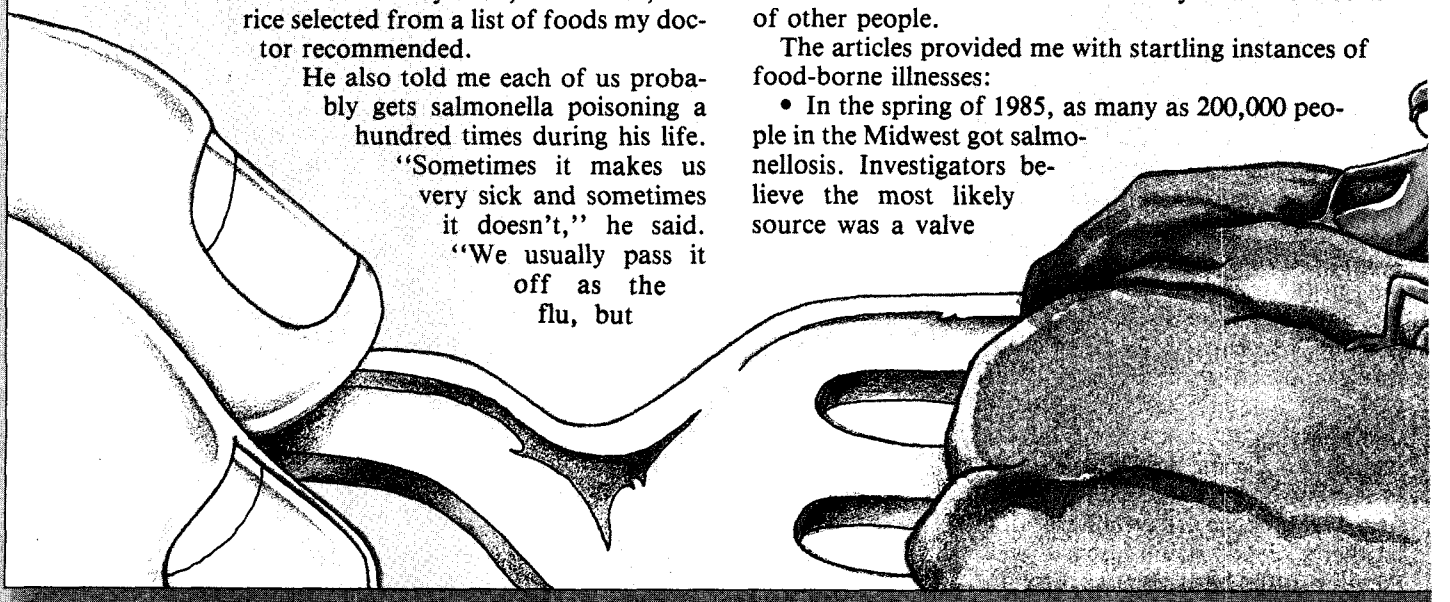
He also told me each of us probably gets salmonella poisoning a hundred times during his life. "Sometimes it makes us very sick and sometimes it doesn't," he said. "We usually pass it off as the flu, but flu is customarily respiratory—more coldlike and achy. If diarrhea is the primary symptom, it was probably something you ate."

While I was recovering, I punched a request into my computer: search the Nexis data base for news references to food poisoning during the past two years. It hummed and hummed. Finally, it produced a list of more than 1,000 news articles. From these and other sources, I learned that food poisonings in America are increasing markedly.

The U.S. Centers for Disease Control (CDC) recognizes some 300 food-borne illnesses, from common salmonellosis to the rare tetrodatoxin puffer fish poisoning. It's impossible to determine exactly how often people are laid low by these pathogens (the 81 million cited above is the roughest of estimates) because most victims never know what hit them. Even the infections of sufferers who seek medical attention are usually undiagnosed, because doctors allow the infections to run their course and seldom order tests to pinpoint the bacteria involved. A victim of food poisoning is likely to receive a specific diagnosis only if he becomes very, very sick or gets sick at the same time and in the same way as a whole bunch of other people.

The articles provided me with startling instances of food-borne illnesses:

- In the spring of 1985, as many as 200,000 people in the Midwest got salmonellosis. Investigators believe the most likely source was a valve



PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

that allowed a small amount of raw milk to leak into pasteurized milk at a dairy outside Chicago.

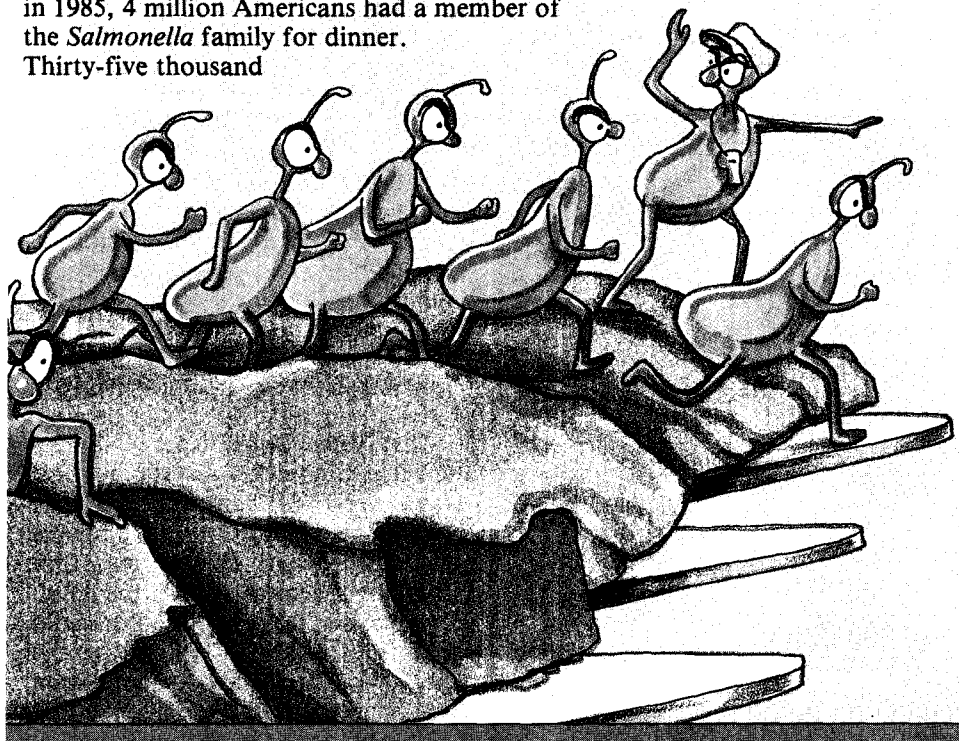
- In the summer of 1985, *Listeria monocytogenes* bacteria in soft cheese killed at least 80 Californians.
- In August 1985, botulism in salt-preserved fish killed two elderly New Yorkers.
- In April 1986, salmonella in gefilte fish made 56 people in suburban Washington, D.C., severely ill.
- In May 1986, 20 people who had attended a buffet in New Jersey got salmonellosis from eating stuffed pasta shells and lasagna. This led to a recall of 120 frozen pasta products in 47 states.
- In July 1986, more than a hundred Chicago-area diners got sick from salmonella that health officials believe came from low-acid tomatoes that had been sliced by a carrier who had traces of his own feces on his hands.
- In August 1986, typhoid fever made nine people desperately ill after they'd eaten shrimp salad prepared by a typhoid carrier at a Maryland restaurant.
- In November 1986, five people in a Connecticut nursing home died from salmonella traced to puréed food.
- In December 1986, Nabisco ordered a nationwide recall of millions of Baby Ruth candy bars after traces of *Salmonella meleagridis* were discovered in some lots.

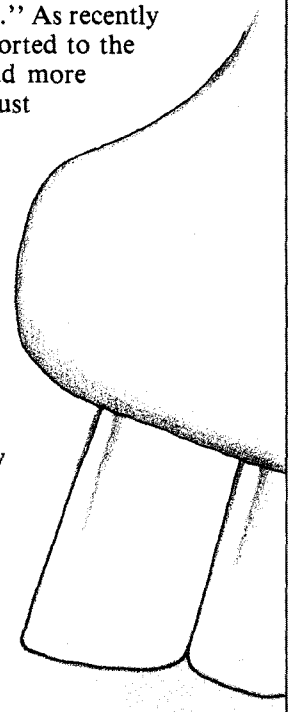
My friends, like my computer screen, were also full of food-poisoning anecdotes. It was my own affliction, salmonellosis, that came up most frequently. This wasn't a coincidence. "Of all the food-borne pathogens we have to contend with in this country, salmonella is the one that's gaining on us fastest," says Robert Tauxe, an enteric disease epidemiologist and salmonella specialist at the CDC.

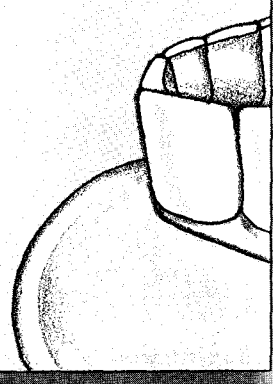
The Food and Drug Administration believes that in 1985, 4 million Americans had a member of the *Salmonella* family for dinner. Thirty-five thousand were hospitalized with salmonellosis, which killed more than 1,000 people and left 120,000 others with chronic crippling diseases, such as arthritis. Tauxe says, "Salmonellosis was very rarely reported in the 1940s. It picked up steam in the '60s. Today the numbers just keep going up." The reasons, he says, "are many and subtle. You could point to the way we raise our livestock and the way we process and handle our food." As recently as 1975, only 23,448 cases were reported to the CDC. By last year that number had more than doubled. Those cases were just the tip of that possible 4-million-case iceberg. "Whatever numbers you want to use," Tauxe says, "I can tell you that the salmonella problem is one of the great underreported diseases in the country today."

A salmonella infection is usually just an unpleasant bout of gastrointestinal distress. The exception is the strain that causes typhoid fever, which is in a class by itself. It becomes systemic, invading the bloodstream and infecting many organs, where it triggers severe and sometimes fatal inflammations. Only about 500 cases are reported in the United States annually, and two-thirds of those are contract-

continued on page 108







PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

TALKING IS THEIR GAME

Life is never dull for television's million-dollar mouths: Enberg, Musburger, Madden, and company.

by Walter Roessing

Hardly the picture of sartorial splendor in untied tennis shoes, baggy pants, and uncombed hair, John Madden stepped outside his fancy apartment in New York City. A sympathetic passerby took one look at Madden's rumpled attire and handed him a dollar bill.

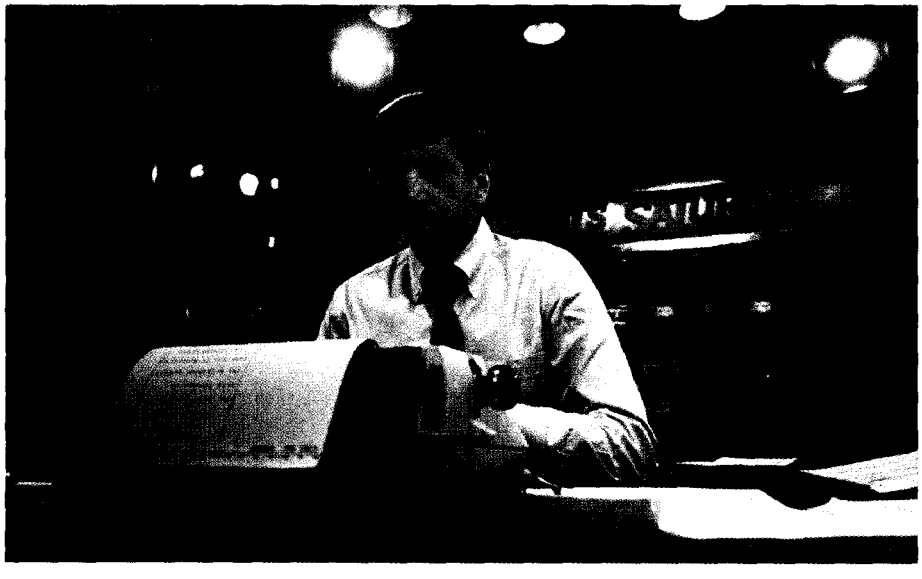
Dick Enberg once walked onto Duke University's basketball court and tossed peanuts to the students from a 50-pound bag. Bob Costas always carries a Mickey Mantle baseball card in his wallet, "because all right-thinking Americans should carry a religious artifact on their person at all times," he says. Brent Musburger, angry because he thought his coworker Jimmy "The Greek" Snyder wasn't prepared, had a post-show fistfight with Snyder.

The life of a network television sportscaster is seldom dull.

But, to make their lives more palatable, Madden, Enberg, Costas, and Musburger have one thing in common with Pat Summerall, Frank Gifford, Al Michaels, and Vin Scully: they're all million-dollar sportscasters on network television.

The exuberant John Madden (right) needs plenty of elbow room in the booth, says his broadcasting partner, Pat Summerall (left).

"We're all paid very well," says Enberg, the owner of a thoroughbred race horse and a three-acre spread in Rancho Santa Fe, near San Diego.



Before crisscrossing the country as a major-league sportscaster, Brent Musburger, CBS' man for all seasons, traveled the Midwest as a minor-league umpire.

Enberg and his fellow announcers have jobs every sports fan dreams about. They cover the peak events of professional and amateur sports—Olympic Games, World Series, Super Bowls, Masters Tournaments, NBA championships, Kentucky Derbies, U.S. Open golf and tennis tournaments, Wimbledons, world boxing championships, and much, much more.

More specifically, Musburger, Summerall, and Madden—the elite members of CBS' pro football team—covered Super Bowl XXI on January 25 in Pasadena. But not all three of these million-dollar mouths shared the same booth. "Three announcers in the booth is too many. It's too confusing and you start fighting for air time," says Summerall, CBS' top play-by-play broadcaster for football, golf, and tennis and a former end and place-kicker for the New York Giants. "Besides, when you're working with Madden, he needs plenty of room to flap his arms."

Madden has had the unusual experience of participating in Super Bowls both as the winning coach and as a broadcaster. His Oakland team crushed Minnesota 32-14 in Super Bowl XI. Recalling that victory, Madden says, "The great thing about winning the Super Bowl was that it meant I had won every game in football there was to win—preseason, Pro Bowl, play-off, Super Bowl." He holds up the silver-and-black, diamond-studded Super Bowl ring he wears on his right hand.

That Super Bowl also had its embarrassing moments for Madden. He was so nervous the day of the game he ordered the team bus to leave for the stadium earlier than scheduled, stranding several players at the hotel. Two players, thinking Madden would be furious at them for missing the bus, hid out in the locker room when they arrived at the stadium.

Preparing for the game as a broad-

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Vin Scully, the "poet laureate of baseball" (left, with Joe Garagiola), is a special member of the Baseball Hall of Fame.

caster is not as hectic, the 51-year-old Madden explains: "My main thing is always preparation. I have to know every player and every possible play. If the starting quarterback is sidelined in the first quarter, you better know as much about that second-stringer."

Madden is perhaps pro football's most popular analyst. He appeals to the masses because he knows football, has a wild sense of humor, talks like the man in the street, hangs out with the common people, and despite his star status, hasn't let celebrity change him.

Speaking candidly, Madden says, "I see guys who try to act like they have it made. They wear dark glasses and pretend they're trying to hide, while all the time they hope they'll be recognized. That stuff just isn't for me.

"I enjoy talking to the fans. I listen to what they say and try to get on the air what they want to see and hear."

After retiring in the late '70s at the peak of his coaching career, Madden reluctantly agreed to work a few games for CBS. "When I did my first game," he recalls, "I immediately realized this was what I wanted to do. You see, I can't live without football. It's been part of my life since I was a little kid. I want to be involved in football and announcing the rest of my life."

Madden comes up with his funny stories by "hanging out." That means eating with the players and just sitting around and talking. He also goes to the practice sessions, meets with both coaching staffs, and watches the coaches' films. (The latter are different than TV tapes, because they show all 22 players on every play.)

Once the game starts, Madden is as entertaining as the action on the field. He quickly discards his tie after the opening introduction and always stands because, he says, "I've never sat down at a football game in my life. It's unpatriotic." He needs room to gesture and he won't wear a coat, even on the coldest days, because he hates to be confined. And he says things like, "Wham, boom, pow. Look at all those guys falling backwards. This is great."

Besides gaining national acclaim as an announcer, Madden has become famous as the man who crashes through Lite beer posters. "I coached for 20 years; then I do a 30-second beer commercial and everybody knows me," he says.

Surprisingly, the flamboyant Madden and the calm Enberg have one unusual facet in common—they are former college educators.

Frank Gifford (left) and Al Michaels (right) team up to call the action for ABC's "Monday Night Football."

A sports zealot of the highest order, NBC's Bob Costas regards a Mickey Mantle baseball card as a "religious artifact."

Indeed, long before Enberg became the NBC network's award-winning play-by-play announcer in pro football, college basketball, and thoroughbred racing, he was a professor and baseball coach at California State University-Northridge. The erudite Enberg holds master's and doctor's degrees.

Enberg's teaching experience came in handy when he began working as a summer replacement at Los Angeles radio and TV stations. "I just imagined I was talking to a classroom of 50 students instead of an audience of thousands," he says.

Many fans complain that sportscasters talk too much; Enberg agrees. "Every one of us talks too much. The better the game, the less we should talk. However, when a team like Chicago is demolishing New England, 46-10, in the Super Bowl, you've got to try to liven up a one-sided game like that with lots of anecdotes and color," he says.

Enberg feels that announcing a pro football game is *always* a challenge. However, he labels baseball "the most difficult game to prepare for by far. You have so much time to reveal what you don't

continued on page 92

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

TO KILL A MAPLE TREE

He thinks that he
will never see a sadder sight
than a fallen tree.

by Andy Rooney

Illustrated by Don Trawin

Last Saturday morning I was making the coffee when I heard that terrible sound of the chain saw across the land. Someone was at a tree.

It was a neighbor across the street cutting down a 100-year-old maple on the corner of his lot nearest us. Our house was built in 1886 and there are five trees like his on our property, so I suppose the tree was originally on land that went with our house.

This wasn't a good year for maple trees. The leaves on two of ours began looking dried and yellow during late August. I called the tree man and asked him to come and look at them. He said he would but he didn't. I didn't call him again. I figure that if the trees have survived 100 years, they've been through all the droughts and floods and had most of the diseases that would have killed them by now. I like my trees a lot.

I liked the tree our neighbor cut down, too, even though it wasn't really mine. I say "really mine" because I think of old trees in the neighborhood as common assets that are not so much owned by anyone but shared by all.

The neighbor who cut the tree, with the help of another man who knew how, seems like a good fellow. I don't know him except to say hello to, but he has two nice little kids and an attractive wife, and he keeps his place looking neat and clean.

The neighbor's

"It's in bad shape," the neighbor said. "I didn't want to take any chances."

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

house was built in what is really the side yard of another, older house. The two houses are much too close together because several years ago some real-estate sharper split the lot. We don't have zoning regulations that amount to much, and when the zoning board makes a decision, it always seems as though there must be foxes guarding the chicken coop. It didn't seem possible that anyone would build a house on that lot, but there it is, without a tree now.

At first I wasn't sure whether they were cutting down the tree or just trimming off some dead limbs. After breakfast I wandered out into our driveway, walked a little way up the street, and tentatively approached the scene of the slaughter. It was apparent now they were cutting down the tree.

"That tree's been there a long time," I said, trying not to sound unfriendly.

"It's in bad shape," the neighbor said.

"Are you sure?" I asked.

"I didn't want to take any chances," he said.

I saw the house he lives in being built several years before he bought it, and it's my opinion his house is more likely to fall down in a high wind than that maple tree was.

By noon the trunk of the tree had been severed at its base. It was 30 inches in diameter. I looked at the wood, and obviously the tree had been eating that morning, sucking sustenance through its xylem and phloem. It was wet with sap and solid as a rock.

Just as soon as a tree is cut, I begin thinking of it as lumber. I like lumber almost as much as I like trees. It's the same dilemma I face as an animal lover who enjoys steak.

The man with the chain saw was cutting this beautiful wood, not into lumber but into fireplace logs.

It seemed like a little tragedy to me. I don't know why there are any trees at all left in populated areas. In a tree's lifetime there must be dozens of occasions when someone thinks about cutting it down for one inconsequential reason or another. It takes so little time to kill a tree by cutting it off at its base and it takes so long for a tree to grow to 30 inches in diameter. It ought to be necessary to get a permit to cut down a tree more than 50 years old.

The neighbor who cut the tree won't stay in the house for long. It isn't the kind of house you love and cherish. It's the kind you move away from when you have the money.

The people who follow my neighbor in that house will never know about the tree, but the house will always be just a little less because it's gone. ✱

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

TEEN-AGERS AND THE CALCIUM CRISIS

By consuming less than 50 percent of the calcium they need, almost half our teen-age girls are putting themselves at risk for osteoporosis when they hit the "golden girl" years.

by Peggy Mann

Kathy G., a biology major at the University of North Carolina at Chapel Hill, noticed an interesting classified ad in the campus newspaper, the *Daily Tar Heel*: "Needed: college women between 18 and 22 for bone study." A subject in a research study—that would look good on her résumé. She made an appointment.

Two days later, Kathy was interviewed by Dr. John Anderson, a graying, soft-spoken professor of nutrition in the university's schools of public health and medicine. She learned she was taking part in a first-of-its-kind, ongoing study of the eating habits and bone health of 1,000 college women. Thus far, more than 600 had been studied.

Dr. Anderson, a specialist in calcium research for 25 years, took careful notes on Kathy's dietary history back to her seventh-grade year. Some of his questions concerned her calcium consumption.

"Kathy, why did you 'turn off' milk when you entered junior high?" Dr. Anderson asked.

Kathy shrugged. "Milk seemed babyish. Most of the kids drank soda with their meals. So I did, too. And I got in the habit."

"What about ice cream? And hard cheese—like Swiss or Cheddar?"

"In the ninth grade," Kathy said, "my friend Julie and I went on a diet. Ice cream and cheese were definitely on our 'no-no' list."

"And are they still?"

She grinned. "Having a good figure matters even more than ice cream. And I *love* ice cream!"

"Yogurt?" Dr. Anderson asked.

"Yuck!" Kathy said.

Later, in the student health center, her weight and height were measured, and skin-fold measurements were taken to estimate her body fat. (Kathy came out flabless.) As a final step, she sat before a single-photon bone densitometer: a heavy, compact, portable machine, which, the technician explained, would measure her bones and print out a computerized analysis that included her bones' calcium content and a picture showing the pattern of their minerals.

Two of Kathy's bones were measured: the spongy bone in her wrist and the compact bone in the middle of the shaft of her forearm (the radius bone). These two are typical of the most important bones in the body. "They can be used as *general* markers for the whole skeleton," the technician told Kathy.

Dr. Anderson came in and looked at the computer print-outs.

"Well, Professor, how are my bones doing?" Kathy asked.

She was unprepared for his answer. "I'm afraid you fit into the lower quarter of the students we've measured," Dr. Anderson said.

"*What?* But—*why?*"

"Thus far," Dr. Anderson said, "our study has found that in general those girls—like you—who have poor bone-mineral content and bone density are the same girls who have a low calcium intake." He looked more closely at Kathy's print-outs. "It's really quite startling to actually *see* the results of low calcium consumption showing up so clearly in bone-density pictures at such a young age."

Then he added: "Don't look so glum, Kathy. The good news is that you found out in time. Start drinking milk again—low fat, if you're still on a diet. Three glasses a day plus some cheese should do it. And, especially if you couple your daily calcium intake with some exercise, such as jogging, dancing, biking, even brisk walking, your bone picture should normalize."

"How long will it take?" Kathy asked.

The scoop on calcium is that in the "good old days" teens got plenty of it—now they drink mainly soda and have become calcium deficient.

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

"*That* research hasn't been done yet," Dr. Anderson said. "But we do know that teen-age girls and young women who *don't* build up their calcium bone banks may put themselves at real risk of osteoporosis—a painful, crippling bone disease with no cure, a disease that hits one in every four American women after menopause."

"Professor," Kathy said, "I just began to love milk again!"

• • •

Kathy's case is, unfortunately, all too typical.

From 1976 to 1980, the National Center for Health Statistics conducted the most extensive health and nutrition survey in this nation's history. Doctors examined more than 20,000 people in mobile vans that traveled throughout the country. The people surveyed were randomly chosen in advance by the Census Bureau. One of the most striking findings was the low calcium ratings of teen-age girls. Indeed, the lowest comparative ratings of *any* nutrients were those concerning the vital mineral calcium.

The official Recommended Dietary Allowance (RDA) of calcium for teens is 1,200 milligrams per day. Only one other group has an equally high RDA: pregnant women and nursing mothers, who are, after all, "eating for two." (Pregnant adolescents have the highest RDA of all: 1,600 mg daily.) In the national survey, girls aged 12 to 17 averaged only 692 mg. The calcium "score" for 18- to 24-year-old women was even worse. Almost half our teen-age girls are consuming less than half the calcium they need—putting them in an automatic "risk" category for osteoporosis when they reach their later years.

Like Kathy, teen-agers—especially girls—often decide milk is not "cool." They switch to carbonated soda as their mealtime drink. "These sodas," Dr. Anderson says, "not only rate high in the empty-calorie category, but in many cases they have a high phosphate content, which may, in turn, have adverse effects on bone health by interfering with calcium absorption. Teen-agers," he stresses, "need more calcium than *any* other age group."

Dr. Morris Notelovitz, a calcium expert and the author of *Stand Tall! The Informed Woman's Guide to Preventing Osteoporosis*, the first book on osteoporosis for the general public, puts it this way: "If we don't have sufficient calcium, then we don't have solid bones. Calcium makes up a large part of the minerals in bone, and it is calcium crystals that give your bones their strength, hardness, and rigidity. *The adolescent years are the most critical bone-building years.* Between 45 and 55 percent of an adult's bone structure is formed during the adolescent growth spurt."

Joseph Zanga, M.D., chairman of the American Academy of Pediatrics School Health Committee, adds: "In adolescence, children experience their final push to adult size, with as much as five inches growth per year for several years, beginning at puberty. Good nutrition, including adequate calcium intake, is therefore essential during this period."

But the growth push is only half the age equation that makes adequate

Dr. Anderson's subjects lend a hand, a wrist, and a forearm to the low-radiation densitometer machine, which prints out a computerized analysis, including the calcium content of the wrist and radius bone and a picture showing the pattern of bone mineral content.

Dietary Sources of Calcium*

Food	Calcium Content (Milligrams)
Whole milk, 1 cup	291 mg
Low-fat milk, 1 cup (2 percent)	297 mg
Skim milk, 1 cup	302 mg
Low-fat yogurt, 1 cup (plain)	415 mg
Low-fat yogurt, 1 cup (fruit flavored)	345 mg
Ice cream, 1 scoop	150 mg
Swiss cheese, 1 ounce	272 mg
Cheddar cheese, 1 ounce	204 mg
Brick cheese, 1 ounce	191 mg
Pink salmon, 3 ounces (canned with bones)	167 mg
Sardines, 3 ounces (canned with bones)	372 mg
Kale, 1 cup (cooked)	206 mg
Broccoli, 1 cup (cooked)	136 mg

* Sources: USDA Handbooks Nos. 8-1 and 456.

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

calcium intake so vital during the teen years. The other factor is the importance of building a good calcium "bank balance" in the bones. "Though not many people realize it," Dr. Anderson says, "when you reach the decades of the 30s and 40s, no matter what, your bones start losing calcium. And they continue this calcium drain for the rest of your life. If you don't have a good calcium bone reserve built up, you're far more likely to develop osteoporosis and/or other bone diseases in later life. It is, therefore, imperative that teen-agers pay far more attention to the intake of calcium."

Until now, calcium researchers, nutritionists, pediatricians, and others concerned about the low calcium quotients of teens and young women had comforted themselves with the assumption that at least preteens still obediently abided by their mothers' dictum: "Drink your milk. It's good for you." And milk 'n' cookies were assumed to be a ritual for kids returning from school. However, another first-of-its-kind, ongoing study has yielded sobering findings on this point. The study is being conducted by Gary Chan, M.D., who has been involved in calcium research for a decade. To date Dr. Chan and his two-person team—a nutritionist and a research nurse—have taken dietary histories of more than 100 children. The results are striking:

• Girls—particularly those from ages 11 to 16—had significantly poorer nutrition than boys of the same age. "The drop in calcium was one of the most notable elements because, even at this early age, many girls tend to substitute soft drinks for dairy products," Dr. Chan says.

• Almost 80 percent of the girls and 50 percent of the boys over age 11 were consuming less than the Recommended Dietary Allowance of calcium. About 30 percent of the boys and girls younger than 11 were below the RDA.

• From ages 3 to 11, nutrition scores were good for most boys and girls. But the study showed that young children getting 1,000 mg or more of calcium a day had a significantly better bone mineral content than children taking just the RDA for preteens: 800 mg a day.

Dr. Chan's conclusion: "More children should be drinking more milk, more often." He adds, "As a pediatrician, I'm concerned that poor bone health established in childhood can lead to adult osteoporosis. Our studies indicate that the calcium RDA for children should be raised from 800 to 1,000 milligrams per day."

But even if calcium input is increased, how much will be *retained*?

The first study of calcium retention in teen-age girls was conducted in 1985 by Velimir Matkovic, M.D., Ph.D., of the Department of Rehabilitation Medicine at the University of Washington School of Medicine in Seattle. Dr. Matkovic's interest in the calcium question started in his homeland, Yugoslavia, in 1972. As a research assistant in the Department of Mineral Metabolism of the University of Zagreb Faculty of Medicine, he led one of the largest epidemiological calcium-bone-mass investigations in the world. More than 2,000 people were studied. Half lived in the cattle-raising region of Podravina, where virtually all residents drank milk with their meals and consumed ample amounts of cheese. Their calcium intake averaged 1,200 mg a day throughout their lives. The other 1,000 people lived in Istra, a rural district that raised mostly crops rather than cattle. Their daily calcium intake averaged only 500 mg.

"The high-calcium group had significantly higher bone mass than the low-calcium group," Dr. Matkovic says. "Furthermore, the incidence of hip fractures was much higher in the low-calcium group. Our main conclusion was that calcium consumption is probably more important during the period of rapid bone growth—ages 10 to 20—than at any other time in life. During this period, high calcium intake can contribute to osteoporosis prevention."

Calcium research continued to be Dr. Matkovic's prime interest in Yugoslavia, England, and, since his arrival in 1984, the United States. His latest study deals with calcium retention. His first subjects were 20 healthy teen-age girls. He hospitalized them, two at a time, at the University of Washington Clinical Research Center. The girls watched television and movies on a VCR, were visited by tutors, did their homework—and ate *only* what was given to them. No smuggled-in snacks, no late-night "pig-outs."

The study measured their calcium balance: intake versus output. Calcium input started with a mere 300 mg a day—a typical amount in a non-dairy-food diet. Then the

It's high time we tell teen-age girls to bone up on calcium now so they won't reach menopause and find out it's too late.

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

input was increased to 500 mg, 700 mg, 1,200 mg, and finally 1,600 mg a day—all within a two-week period. Different girls were on different calcium intakes. The "output" was carefully traced in the girls' feces and urine.

The study found a direct relationship between intake and retention of calcium. "Apparently, at this age young skeletons have the ability to *store* extra amounts of calcium—which may not be true at later ages," Dr. Matkovic said. "The findings suggest that a higher-than-RDA calcium intake during teen-age years can contribute to a higher peak bone-mass formation. And this, in turn, may have a beneficial impact concerning osteoporosis later in life."

Robert Recker, M.D., of Creighton University in Omaha, Nebraska, is one of the nation's foremost calcium researchers. The author of more than 40 papers on calcium's effect on bone, he is currently involved in a five-year study of the calcium intake and bone condition of women ages 19 to 25. He notes: "Since the calcium needs of teen-agers and young women is such a crucial matter with a lifelong impact, it is remarkable, indeed, that it has been so underrecognized on the research front. The three important ongoing studies of Anderson, Chan, and Matkovic are the first to alert us to the sobering early warning signals."

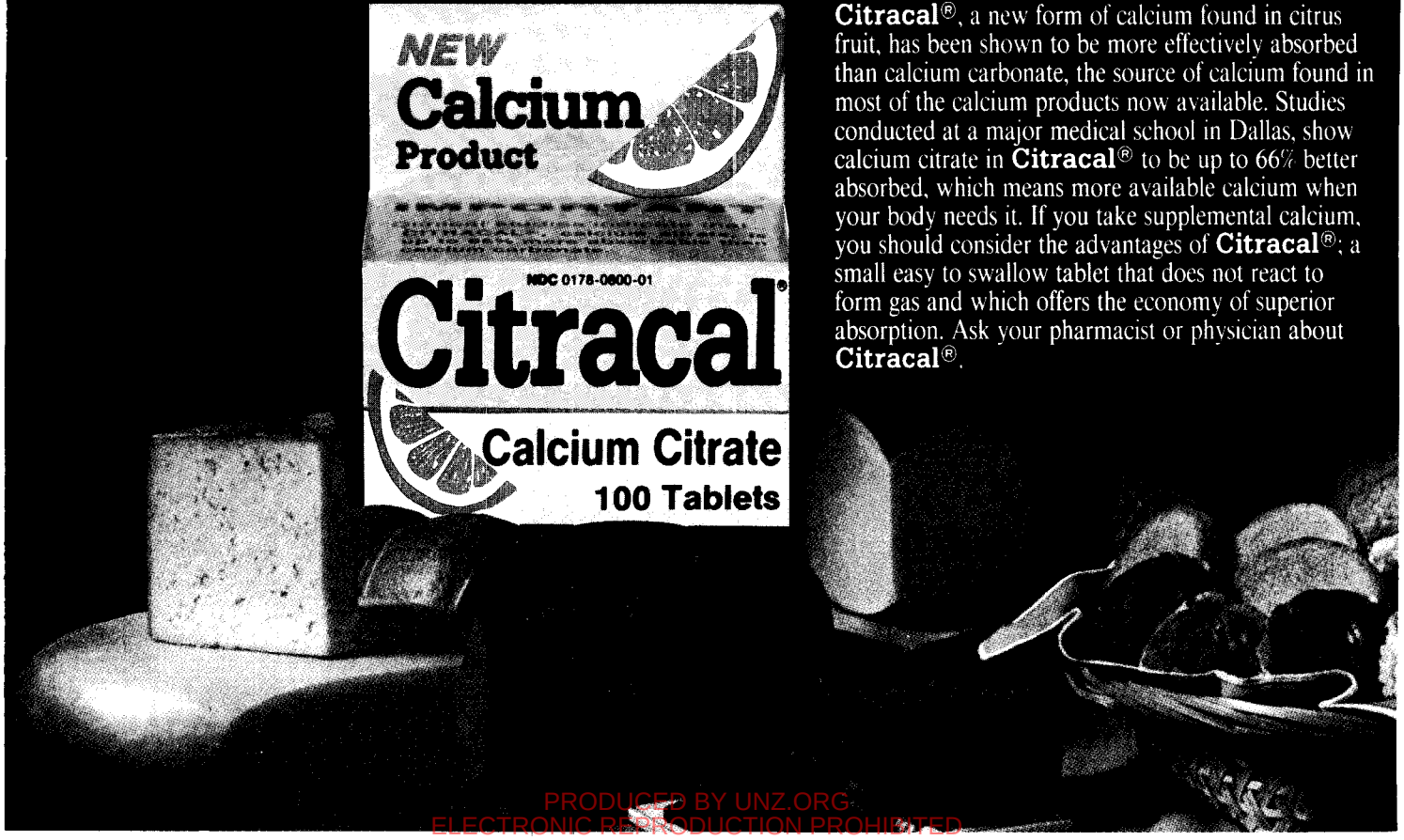
Dr. Recker points out that the craze for dieting may have a dangerous impact on the calcium front: "Teen-age girls think they are slimming successfully by drinking diet soda, and they shun skim milk, which is not fattening and *is* replete with valuable nutrients. A glass of skim milk contains about 300 mg of calcium, as well as lactose, a sugar which aids in the absorption of calcium. In addition, 98 percent of milk sold in the United States is fortified with vitamin D, which also aids in calcium absorption. Milk—skim, low fat, or regular—also contains vitamin A, riboflavin [B_2], many important minerals such as magnesium and phosphorus, and high-quality protein."

Another leading calcium researcher, Dr. B. Lawrence Riggs of the Mayo Clinic, notes that, despite calcium's RDA for teens (1,200 mg) being higher than that of any other age bracket, "it is not difficult to meet. Three dairy products a day and you've got it. Two or three glasses of milk, a scoop of ice cream, a serving of yogurt, and Swiss or Cheddar cheese. Additional calcium can be obtained from other food products, including sardines with bones, broccoli, kale, collard greens, and that staple of the modern health-food store, tofu." (See box.)

Dr. Riggs adds, "In addition, increased physical activity should be encouraged, and bone toxins, such as cigarettes and heavy alcohol consumption, should be eliminated."

Dr. John Anderson sums up the teen calcium crisis in these words: "A majority of today's teen-age girls are seriously shortchanging their skeletons. They—and their parents—must remember that a low intake of calcium during adolescence can limit bone growth and predispose young women to decreased bone mass, which, in turn, may contribute to osteoporosis in later life. To label milk as 'uncool' is to look down your nose to spite your body."

The simplest way to get your supplemental calcium



Citracal®, a new form of calcium found in citrus fruit, has been shown to be more effectively absorbed than calcium carbonate, the source of calcium found in most of the calcium products now available. Studies conducted at a major medical school in Dallas, show calcium citrate in **Citracal®** to be up to 66% better absorbed, which means more available calcium when your body needs it. If you take supplemental calcium, you should consider the advantages of **Citracal®**; a small easy to swallow tablet that does not react to form gas and which offers the economy of superior absorption. Ask your pharmacist or physician about **Citracal®**.

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Bees by Beacon®

ONLY $19.99

• 2 PAIR $37.98

• IN HARD TO FIND SIZES

• RED, NAVY, SAND, WHITE

• SURE-STEP CREPE SOLE

• MONEY BACK GUARANTEE

Quality and comfort you'll appreciate! Pamper your feet with our fully lined sail-cloth casual. 2 eyelet tie; 1¼" jute-covered wedge. Full and half sizes, all colors: 5½-10,11,12 N. 4-10,11,12M. 5½-9,10,11W. Sand & Navy also available in 6-9,10,11WW.

CHARGE ORDERS CALL (602) 747-5000

We accept VISA, MasterCard, Am. Ex., Diners Club.

Add $2.25 p&h one pair, $3.50 for two, $4.25 for three. Az. res. add 7% tax.

Send $1 for **COLOR CATALOG** or **ORDER NOW** & receive **CATALOG** and **$2 BONUS COUPON** good on ***next*** order.

Dept. DDM1A, 3740 East 34th St., Tucson, AZ 85713

Old Pueblo Traders since 1946

"I THINK IT'S A MIRACLE I'M FREE FROM

PSORIASIS"

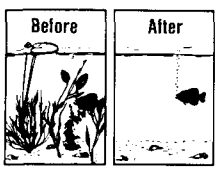
SEND FOR FREE INFORMATION

"Had psoriasis since I was 19, now going on 81. Under my arms, between my legs. I've been free from psoriasis over 6 months now. I think it's a miracle. Dr. knows what it's all about, he has a cure, no mistake about that. God bless Dr. Connolly." M.U. . . . IL.

PSORIASIS CLINIC DEPT. SP37 RTE. 1 PONTIAC, IL 61764

KILL LAKE WEEDS

Proven Aquacide pellets destroy unwanted underwater weeds.



Spread marble sized pellets like grass seed. Effectively kills weeds at any depth.

Registered with Federal Environmental Protection Agency.

Certified and approved for use by state agencies.

Our 32nd year.

10 lb. can. Treats 4,000 sq. ft. of lake bottom, $37.95 includes delivery. **50 lb. carton.** Treats 20,000 sq. ft. of lake bottom, $144.95 includes delivery. State permit may be required.

CALL TOLL FREE 1-800-328-9350

(Except Minnesota Call 612-429-6742)

Or write for free information to:

AQUACIDE CO. VISA MasterCard

1627-9th Street, Dept. 431, P.O. Box 10748, White Bear Lake, MN 55110

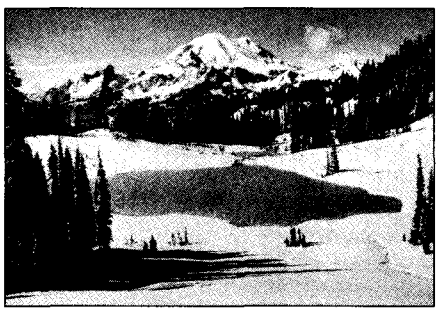
Post Sampler

Little Farmers Jigsaw Puzzle

Assemble and watch the famous twins come alive before your eyes!

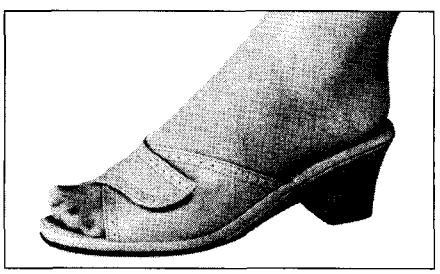
The perfect reproduction of the nationally acclaimed photo captured in this 10" x 24" puzzle has 550 pieces. Order several as gifts. $7.95 plus $2.00 shpg. Holst, Inc., Dept. SPP-487, 1118 W. Lake, Box 370, Tawas City, MI 48764.

Natural States—The Video



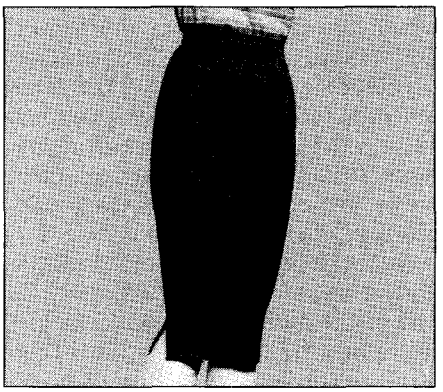
Journey over mountains, through forests, and along some of the most rugged coastlines. Emmy-winning Jan Nickman uses special techniques to make you feel you were there. "But it's more; how much more you can't know until you see it"—*Seattle Weekly*. $29.95 + $2.50 p&h. Miramar Productions, P.O. Box 15661, Seattle, WA 98115.

Comfort slide by Beacon



Cushioned insole; 2" wedge. White, black, red, tan, navy. Full & half sizes: 6-10, 11 N & W; 5-10, 11 M. Only $15.99. Two pr. for $29.98. Add $2.25 p&h (one), $3.50 (two), $4.25 (three). Money-back guarantee. Visa, M.C., Din. Club, Am. Ex. Old Pueblo Traders, Dept. DDM1K, 3740 E. 34th St., Tucson, AZ 85713-5305.

Clam Diggers



Only $9.99. Creme, yellow, navy, sea green, khaki, grape. Sizes: misses 10-20, petites 8-18. Women's waist 32-44. 2 pr. $17.98. Please add $2.25 p&h (one), $3.50 (two), $4.25 (three). Money-back guarantee. Visa, M.C., Din. Club, Am. Ex. Old Pueblo Traders, Dept. DDM1C, 3740 E. 34th St., Tucson, AZ 85713-5305.

Beveragebelt

Made for those who enjoy outdoor camping, fishing, hiking, and stadium games. Made of heavy, luggage-grade nylon, has six Styrofoam holsters to keep a six-pack "nice 'n cool." Plastic seat-belt-style buckle. $9.95 ppd. DesignDirections Inc., 383 Filbert St., San Francisco, CA 94133. (415) 392-5454.

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Button making is fun!

It's fun to make buttons with Badge-A-Minit. Put any motto, drawing, or

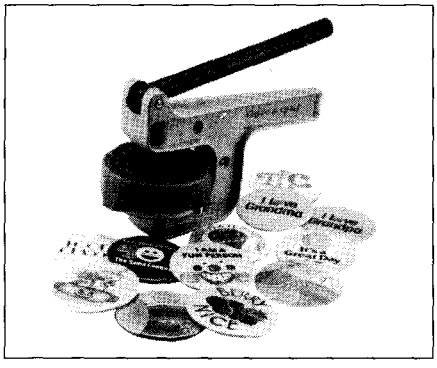
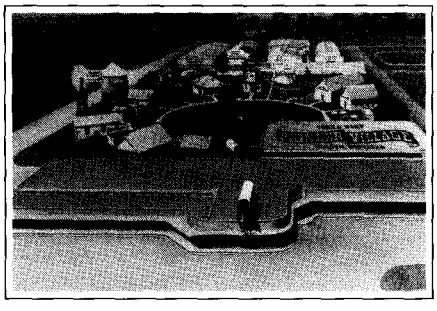


photo on a button for promotion, advertisement, or identification. For Starter Kit send $26.95 plus $1.75 shipping (IL residents add $1.68 tax) to Badge-A-Minit, Dept. SEP, 348 North 30th Rd., LaSalle, IL 61301. (815) 224-2090.

"How America Grew"



Over 4 million visitors have viewed the 50,000 item display "How America Grew," near Minden, Nebraska. All items on display are shown in their respective order of development. For a 600-page book with over 1,000 illustrations, send only $12.95 plus $1.95 to Harold Warp Pioneer Village, Box SP, Minden, NE 68959.

---

123 Disney stamps

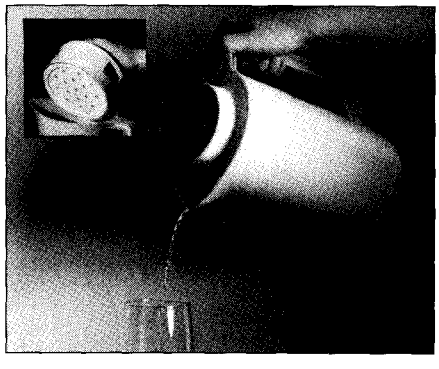
Only $2.95! All different! You'll absolutely delight in these adorable

Disney Friends. A marvelous introduction to stamp collecting with other stamps on approval from which you may buy any or none—return balance; cancel service anytime. Money back if not delighted. Kenmore, Milford, DI-317 NH 03055.

Romantic moonlight-crossing gown

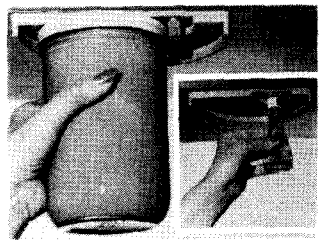
Peach, white, light blue. Cotton. Misses' sizes: S (6-8), M (10-12), L (14-16), XL (18-20), $15.99; 2/$29.98. Women's sizes: 2x (42-44), 3x (46-48), $17.99; 2/$33.98. Add $2.25 post. (one), $3.50 (two), $4.25 (three). Am. Ex., Visa, M.C., D.C. Shopping Intl., Dept. AXY3A, 3740 E. 34th St., Tucson, AZ 85713-5305.

Pure-water pitcher



Fill 2¼-quart pitcher with cloudy tap water, and pour out mountain-fresh spring water. Built-in filter in cap purifies 300 gallons of water! End the expense of lugging home bottled spring water. $12.95 plus $1.85 shpg. Extra filter only $4.50. Holst, Inc., Dept SPP-487, 1118 W. Lake, Box 370, Tawas City, MI 48764.

UN-SKRU
Amazing New Jar Opener
OPEN ANY SCREW LID IN 3 SECONDS!



New UN-SKRU Jar and Bottle Opener mounts permanently to underside of cabinet or shelf. Opens **every** size screw top—from tiny tube to gallon jar—with scarcely any effort. Even opens press-and-turn "child-proof" pill bottles.
"Best Opener You Will Ever Use!"
No cook should be without this indispensible kitchen helper. Also handy in trailer, boat, workshop. Wonderful for folks with arthritis. Unique gift. You must be **pleased,** or your money back. Only **$7.50** + 85¢ p&h; two for **$14.50** + $1 p&h.
Send Check or M.O., 20-day money back guarantee.
HOLST, Inc. Dept. SPO-487 1118 W. Lake Box 370, Tawas City, MI 48764

HUNTERS • FISHERMEN • FIREMEN • SKIERS
RED SUSPENDERS
Also (solid black) (olive stripe) (red, white and blue stripe):
1½" Wide—Heavy Duty
Adjustable Length
Specify Clip End—(illus.) or Button End $8.25 pr. plus $1.50 p.p.
YANKEE WORKBENCH
$1.00 for color Brochure Dept SP, Harvard Rd., Littleton, Mass. 01460

1-800-VIDALIA
(1-800-843-2542)

Call Today to reserve a bag of Fresh, Sweet Vidalia Onions!
The fresh, sweet flavor of our hand-selected Vidalia Onions can now be enjoyed just by calling the toll-free number above! You'll receive the finest, genuine Vidalia Onions...guaranteed fresh from our fields, to your door, and packed with a *FREE RECIPE BOOKLET*! Limited availability May thru July...so call today to reserve your bag of Natures' Sweetest Onions!
10 lbs. $12.95
25 lbs. $29.95
50 lbs. $56.95
(Add $1.95 per address for shipping & handling)
We also offer a variety of other delicious items for your enjoyment, please write or call for a Free catalog today!
BLAND FARMS
P.O. Box 506-SP/Glennville, GA 30427-9990
(Georgia residents call 1-912-654-3048)

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

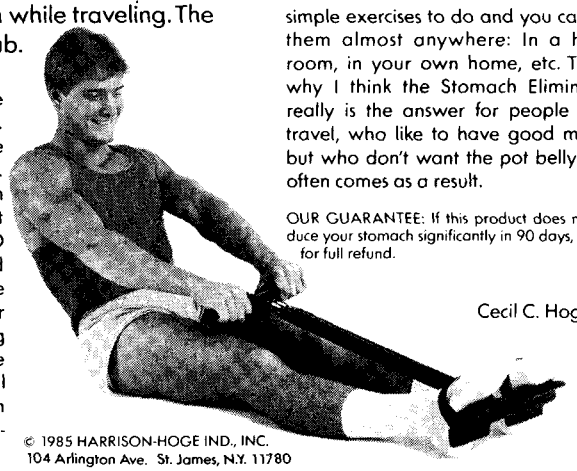
THE STOMACH ELIMINATOR®

For Travelers, Business Men and Women and Anyone Concerned with their Health and Good Looks

I don't know about you, but I travel a lot and often it's simply not practical to go jogging or do exercise on the road. Worse, it often happens that you eat and drink too much while traveling. The result is stomach flab.

A Portable Device

Recently, I found the answer to this problem. In Europe they have developed a 2½ lb. exercise device you can carry in your overnight bag. They call it "NO STOMACH." Designed specifically to eliminate all excess fat from your stomach, it is a stretching and exercise device made with three steel coil springs so you can adjust the level of workout you want.



10 Minutes a Day and Your Pot Belly Will Be Gone!

That's our guarantee. If you're not satisfied with how it works for you, return it for full refund. There are seven simple exercises to do and you can do them almost anywhere: In a hotel room, in your own home, etc. That's why I think the Stomach Eliminator really is the answer for people who travel, who like to have good meals, but who don't want the pot belly that often comes as a result.

OUR GUARANTEE: If this product does not reduce your stomach significantly in 90 days, return for full refund.

Cecil C. Hoge, Jr.

© 1985 HARRISON-HOGE IND., INC.
104 Arlington Ave. St. James, N.Y. 11780

Please send me:
___ Stomach Eliminator at **$19.95** postpaid.
Enclosed is a check/M.O. for $_____
Charge my credit card. Exp. Date_____
☐ Amex ☐ Diners ☐ Visa ☐ MC
Card No._____
Signature_____
NY Residents please add sales tax.

Name_____
Address_____
City_____State_____Zip_____

HARRISON-HOGE INDUSTRIES, INC.
Dept. SP74X, P.O. Box 944, Smithtown, NY 11787
Phone: (516) 724-8900 8:30 am-4:30 pm M-F EST

FACTORY DIRECT TABLE PADS

GUARD YOUR TABLE AND SAVE!

Order with confidence from America's oldest and largest custom table pad manufacturer. No advance deposit or messy C.O.D. You pay nothing until you receive your table pads and are completely satisfied.

Phone 1-800/328-7237 — Ext. 269
108 Briarcliff, Thomasville, North Carolina, 27360
612/646-6778 — Ext. 269

Sentry TABLE PAD CO. SINCE 1911

©SENTRY, 1986

AUTHORS WANTED BY NEW YORK PUBLISHER

Leading subsidy book publisher seeks manuscripts of all types: fiction, non-fiction, poetry, scholarly and juvenile works, etc. New authors welcomed. Send for free, illustrated 40-page brochure L-61
Vantage Press, 516 W. 34 St., New York, N.Y. 10001

from the heart...

perfect for every woman! A "heart within a heart" pendant, from the legend of love of Portuguese Queens. Handcrafted filigree gold-dipped silver. 1¼" tall. $25 postpaid. Satis. guar. 4-6 weeks dd. Check/money order.

Whitney ♡♡ Enterprises
Box 1394 P Huntington, NY 11743

MASTECTOMEES!

END YOUR SEARCH FOR COMFORT!

COOLER THAN SILICONE

Thousands of women are happy with this QUALITY fabric form. You can ADJUST the weight should you lose or gain. Fits regular bra.

BOSOM BUDDY BREAST FORM

NO RISK
Money Back Guarantee!
Over 10 years of prompt, caring, direct-mail service.

Size DD & DDD $55.00

49.95 ea.
add $3 S/H

FREE BROCHURE

VISA MasterCard
(208) 343-9696
B & B COMPANY
Dept. 447, P.O. Box 5731
Boise, Idaho 83705-0731

Grandpa Hopewell

continued from page 45

Rochester, Minnesota, for a checkup at the Mayo Clinic.

Grandpa Hopewell was thoroughly indignant the day charges against him were dropped. "Who do they think did it, anyway?" he demanded. There were almost as many answers as there were Republicans in Iowa. Some said that lightning had struck the church as a punishment for the sins of its members, and although the parson had observed no lightning, he was interested to see that for a while attendance was phenomenally high and offerings nearly tripled; even today, Stuart is widely reputed to be a God-fearing community. Others said that the stones had merely been heated to the exploding point by the sermons preached under them every week. A correspondent of the *Stuart Herald* advanced the ingenious theory that some child, practicing for the Iowa music festival, might accidentally have struck the one right tone to cause the tower to collapse; many a person has had the top of his head practically taken off by a schoolboy practicing a trombone or a trumpet, she pointed out. The most common though certainly least imaginative explanation, however, was that it was some obscure manifestation of the New Deal.

"Grandpa, dear, we are going to put you in a place where you will be safe and very happy," Minnie said one day.

"Who wants to be safe?" Grandpa Hopewell asked.

"There will be someone to take care of you and watch over you every minute of the time," Minnie said.

"Minnie," Grandpa Hopewell said with distaste, "the trouble with you is, you're too old."

"Why, the idea!" she said.

"Humor him," whispered Adelaide. . . . "Now, father," she said, "if you will just sign this little blank."

"You girls," Grandpa Hopewell said. "You ought to wear armor. You ought to go sleep in the museum with the other fossils."

"Now, father," Adelaide said, "remember at your age you have to be careful."

"Careful," Grandpa Hopewell said. "Let me tell you how you get old. By being careful. If you girls

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

were smart, you'd be out learning to jive. You'd be starting up a Saturday-night poker club. You'd get an airplane and practice parachute jumping."

"The idea!" Minnie said.

"Father, you've been drinking cider again," Adelaide said sadly.

"Tell you something," Grandpa Hopewell said. "Comes a time you can grow young just as easy as old. I'm five years younger'n I was when I got that tractor. Liver trouble shook all out of me. Enjoying things more. Every time you try something new, you get younger. Every time you're afraid to, you get older."

That was the week the telegram came from California. Before grandpa left for Long Beach to be guest of honor at the annual Iowa Picnic, he prepared a large hogshead to be shipped to him at the California address.

"What do you suppose it can be?" Adelaide said.

"Smells like cider," Minnie said.

"Gracious, what an awful lot of cider for one trip," Adelaide said. "Why, he can't—he couldn't drink all that!"

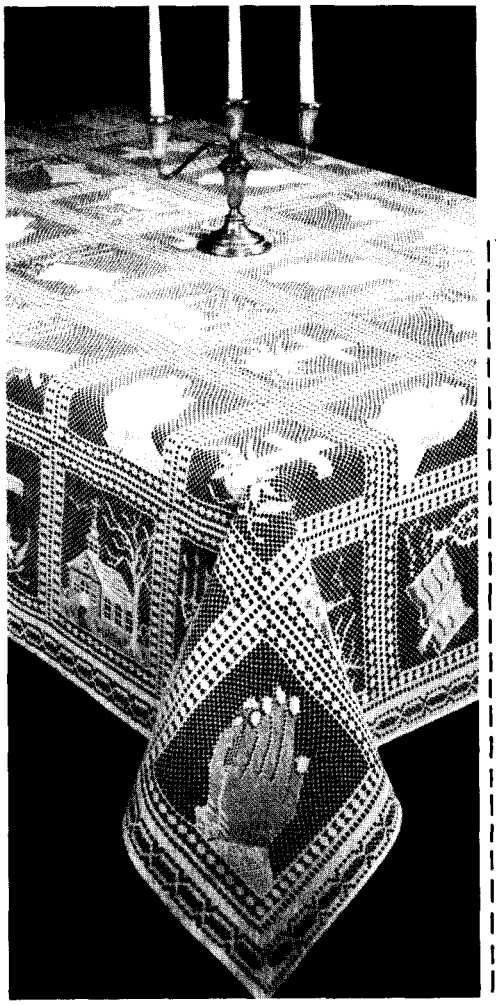
"We can't let him disgrace himself out there," Minnie said.

"Let's not send it," Adelaide said.

Not until Grandpa Hopewell had gone did Guthrie County realize what a national figure he had become. Grandpa twinkled at them from the front page of the *Omaha World-Herald*. Grandpa's white beard brightened up the *Denver Post*. Grandpa told the *Salt Lake City Tribune* that the secret of good tractor driving, contrary to what Mr. Alexander Botts had said, was learning to vibrate with the tractor. It is just like horseback riding, he explained. If you go up with the horse, it is less strenuous than if you come down while the horse is going up. The tractor vibrates and you vibrate; once you learn to vibrate in the same rhythm, you don't get shaken up. The *Tribune* sent the story out over the press wires to all countries, and the Department of Agriculture reprinted it as a pamphlet. The *Los Angeles Times* said, CALIFORNIA AWAITS HOPEWELL.

Grandpa had a visitor in Guthrie County the day after he left. It was a man from Washington. A scientist,

continued on page 78



ORDER FOR HOME, CHURCH, SCHOOL OR GIFT.

100% Polyester

Now you can have a lace tablecloth with a religious look. This lace tablecloth is machine washable, machine dryable, and made in America. You can choose from 4 sizes and two colors.

ORDER FORM

Return this coupon with order

Size	Quantity	Price Each	Total
60 x 84" White Oblong		24.00	
60 x 84" Ivory Oblong		24.00	
60 x 104" White Oblong		24.00	
60 x 104" Ivory Oblong		24.00	
60 x 84" White Oval		24.00	
60 x 84" Ivory Oval		24.00	
70" White Round		20.00	
70" Ivory Round		20.00	
TOTAL AMOUNT			

Shipping and handling charge and tax included in the price.

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

Make check or money order out and mail to:

ORIGINALLY YOURS INC.
P.O. Box 1888
Murray Hill Station
New York, N.Y. 10156

Allow 3 to 4 weeks for delivery.
Money returned instantly if not satisfied

Armchair Shopper

Authentic Post Canvas Bags @ $7.95 each plus $1.00 postage.

Popular Norman Rockwell Print (11"x14") "April Fool" on Canvas @ $6.45 each.

Send your order with check to Armchair Shopper, Dept. 7C, P.O. Box 130, Indpls., IN 46206.

Wanted

Any helpful tips *that make your time in the kitchen* easier. Send hints to *The Saturday Evening Post*, 1100 Waterway Blvd., Indianapolis, IN 46202.

LIQUID PLASTIC
(NOT SOLD IN STORES)

Polyurethane that applies like paint forms a skin so tough it won't crack, chip or peel. Cuts painting costs . . . covers and protects like a shield of unbreakable glass.

WATERPROOF IN 30 MINUTES

Adheres to practically anything. Stops leaks. Ideal for concrete, aluminum, wood, masonry, canvas, any metal. Clear or any major color. Just specify. Order NAVAL 5.

Ship as follows: ( ) Qts. at $8.95 each. ( ) Gal. at $25.95. ( ) 5 Gals. at $20 per gal.

Shipping Charges: Qts. add $1.75 to your total. Gal. add $3.00 to your total.

Rosedale Chemical Co., Dept. XX
P.O. Box 3042, Rosedale, Kan. 66103

Throw Away Extra Pillows

New comfort with back, shoulders & head raised & cushioned on this buoyant foam wedge. Provides even slope for healthy, restful sleep. **Head Elevation** eases discomforts associated with diaphragm hernia, hypertension, acid regurgitation, breathing, bronchial & heart ailments. **Leg Elevation** eases varicose, circulatory & swelling leg discomforts. 27" long, 24" wide. Washable zipper cover. **FOAM-SLANT** is available in heights most prescribed by doctors. 4" for two pillow users **$22.00**; 7½" for three pillow users **$29.00**; or 10" at **$31.00** or 12½"-at **$35.00**. Extra covers **$9.98** each. Order from this ad, we'll pay postage, ship promptly. NJ residents add 6% tax. Money back guarantee.

Order by check, Visa, MasterCard-

BETTER SLEEP, INC.
Box NH New Providence, NJ 07974

WHY LIFT YOUR WALKER?

Enjoy the ease of a ***Walk-A-Cycle.*** 4 Exciting Models

FREE INFORMATION Contact:
AMERICAN WALKER INC.
Toll-free: 1-800-872-4566
797 Market St. Dept. K15
Oregon, WI 53575

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Classified Directory

Advertise personals, vacations, rentals, books, art, gourmet items, employment opportunities, real estate exchange and any item of general interest. Rates: 1-time insertion, $3.75 per word; 3-time insertions, $3.50 per word, per issue; 6-time insertions, $3.30 per word, per issue. For further information contact: Karen Smith, Classified Advertising, 1100 Waterway Blvd., Indianapolis, Indiana 46202. Phone (317) 636-8881. Payment must be received with order. Send check, money order or use your MasterCard or Visa with all numbers, including expiration date *and* signature.

Antique Stocks Wanted

Stocks, Bonds, Autographs, Baseball memorabilia, cards, Political pins, ribbons, banners wanted. High prices paid. Paul Longo, Box 490-J, South Orleans, MA 02662.

Antiques/Collectables

Chinese blue & white porcelain jars. Over 100 years old, certified; 9″ by 9″; beautiful. Free information: P.O. Box 4171, Arlington Heights, IL 60006.

Antique marbles wanted—sulphides, swirls, especially gold-streaked swirls. Erv Austin, 601 Detroit Street, Flint, MI 48502.

Arts and Crafts

Arkansas handcrafted quilts and services. Many quilts on hand, custom-mades; hand quilt your tops. Prices reasonable; work guaranteed. Write Beth Toy, 2609 Shay Cove, Little Rock, AR 72204.

Basketry supplies and kits! Large selection, low prices; free catalog. Box 14934, Columbus, OH 43214.

New craft ideas! Good sellers at fund raisers or personal sales. Patterns and instructions given. Send $5 and SASE to Crafts, P.O. Box 2535, Glendale, AZ 85311.

Books/Publishers

Publish your book! Join our successful authors. All subjects invited. Publicity, advertising, beautiful books. Send for fact-filled booklet and free manuscript report. Carlton Press, Dept. EY, 11 West 32 Street, New York, NY 10001.

The Antichrist: Will you mistake him? Free booklet; free Bible correspondence course. Box 50731-E, Pasadena, CA 91105.

Author 2 books seeks agent. Strem, 1408 Barry, Los Angeles, CA 90025.

MAKE MONEY WRITING fillers at home; simple sentences, paragraphs—ten-lesson course shows how: professional guidance, market directories, inside secrets, lists of magazine rates. START AT ONCE—$9.95, add $2.40 handling. John Lynn, 956 Hollytree Drive, Cincinnati, OH 45231.

Unique Quaker cookbook. Over 400 recipes. Limited supply. Send $5.50 to Friendly Fare, Friends Memorial, 418 W. Adams, Muncie, IN 47305.

Great savings! The art and science of automobile buying. Free information! Archer Press-X, 215 Meadowlook Way, Boulder, CO 80302.

Books located without obligation. Coleman Book Locators, 257-S E. Market Street, Long Beach, CA 90805.

Do you have a dream? To make your dream come true, send $1.25 to Uhlenkott Books, P.O. Box 474, Cottonwood, ID 83522.

Need a publisher? We are now seeking fiction, nonfiction, poetry, scholarly, and juvenile manuscripts for immediate publication. Send for free illustrated brochure. Todd & Honeywell, Dept. SPE, 10 Cuttermill Road, Great Neck, NY 11021.

Business Opportunities

Stay home! Earn money addressing envelopes. New, genuine offer, 15¢. Lindco, 3636-SP Peterson, Chicago, IL 60659.

Home import mail-order business. Start without capital. Free report. Mellinger, Dept. A1136, Woodland Hills, CA 91367.

Bumper-sticker printer. Cheap, simple, portable. Free details: Bumper, P.O. Box 22791 (vs), Tampa, FL 33622.

Extra income possible: "101 Easy Businesses" you can start now! Information free. Robinsons, P.O. Box 181, Elko, NV 89801-0181.

"We saved the toaster, but it was too late for the toast."

Mail-order opportunity: Start a profitable home business without experience or capital. Information free. Mail Order Associates, Dept. 715, Montvale, NJ 07645.

Start and operate any one of seven home-based businesses. Send SASE for free details. Home Business Enterprises, 2474 Marsh Road, DeLand, FL 32724.

"Last train out." Entrepreneurs/capitalists wanted. Remarkable second income. Free report. (612) 871-4730.

$500 weekly! Immediate home income opportunitie$! Guaranteed. Send stamp. ALCO, B769Ep, Socorro, NM 87801.

$10-$360 weekly/up. Mailing circulars! No quotas/bosses. Sincerely interested RUSH self-addressed envelope: Headquarters-P12, POLB464, Woodstock, IL 60098.

Catalogs

A new all-purpose greeting-card catalog. Only $1 (refundable on first order). Write Henderson Bailey, 14 Goldsmith Ave., Box 2236SP, Newark, NJ 07114.

Christian books, cards, records, and tapes for children, teens, and adults. Free catalog. Enclose $1 p&h to: The Good Books Co., 22 Branford Circle, Tinton Falls, NJ 07724.

Free products. Manufacturers' samples, overruns, closeouts. Catalog—SASE. Freebies, Box 11SEP, Garnerville, NY 10923.

Do-It-Yourself

Plans for an easy-to-build, kitchen-size, 2½ gallon cider press: 10″ diameter x 10″ high. $3. Kidstuff, Box 154P, Kipton, OH 44049.

Air conditioning guidebook, illustrated. $10 to: AC Guide, P.O. Box 1736, Merritt Island, FL 32952.

Domestic & Foreign Newspapers

World-wide English newspapers and magazine-of-month club. Sampler: 4/$2.98. Free brochure. MULTINEWSPAPERS, Box DE-14, Dana Point, CA 92629.

Education and Instruction

Write for pleasure and rewards. Send for free, no-obligation writing aptitude test. Analyze your writing potential. Writers Institute, Inc. (a home study school), Dept. 142-04-87, 112 West Boston Post Road, Mamaroneck, NY 10543.

Gardening/Plants

Ground covers, day lilies. Top quality, hardy grown. Send for free catalog. Turnipseed Nursery Farms, Box 792, Fayetteville, GA 30214.

Gifts

Free gift catalog, 10% off your first order: LaDe's Gifts, 1535 Tealwood Court, Dept. S-P, Colorado Springs, CO 80906.

Kaleidoscopes! Wonderful gifts for everyone. Free brochure. Bennett Scopes, P.O. Box 721, Media, PA 19063.

Health and Beauty

FASHION EYEWEAR/SOFT CONTACTS. Save on guaranteed genuine designer eyewear and replacement soft contacts. Free catalog. Call 800-553-2015.

Tired of dieting? Join the E.A.T. Club and lose weight. Write: Bionic Bear, P.O. Box 11701, Salt Lake City, UT 84147.

Aloe—free catalog. Highest quality, largest selection Aloe skin care products: first aid, moisturizers, cleansers, sunscreens, etc. Discounts and special offers. Aloe, 277D Rowayton, Rowayton, CT 06853.

MaxEPA (fish oil concentrate)—$7.95/100. OMEGA-3 (500), 67% more potent—$10.85/100. Free 96-page catalog. VITAMIN SPECIALTIES. Box 401-11, Wyncote, PA 19095.

Holistic dental digest—free sample. You'll discover newest health approaches: Mittelman, 263 W. End Avenue, #SP-2A, New York, NY 10023.

Obscure scientist prevents disease. No medications. Free details. S.E. Grayson, Box 1807-P, Weaverville, NC 28787.

Help for diabetics! Benefit from my experience. Many helped! For free report, send self-addressed stamped envelope. Dr. Khan, P.O. Box 1486, Hawthorne, CA 90251-1486.

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Home Furnishings & Housewares

Buy carpet and vinyl direct. Save 30-80%. Name brands shipped direct to you. Johnson's Carpets, 3239 Dixie Highway, Dalton, GA 30720. 800-235-1079, (404) 271-2775.

Savings to 48% on name-brand furniture and bedding. Fields Furniture, 2700 Randleman Road, Greensboro, NC 27406. (800) 222-4809.

Miscellaneous

Is it true—jeeps for $44 through the government? Call for facts! (312) 742-1142, ext. 7300.

Don't be embarrassed by forgetting birthdays, anniversaries, phone numbers, formulas, conversions, chill factors, others with wallet-sized information card. $3 check, VISA, MasterCard. Order now, immediate shipment. Bob Simmons, Rt. 1, Box 83, Geneva, AL 36340.

Display cases—free catalog. Aluma-case, 11205 River Rd., Grand Rapids, OH 43522.

Moneymaking Opportunities

Save $100,000 on $50,000 mortgage! Beat banks at their own game. New procedure legal for current mortgages. No renegotiations required. Amazing packet includes sample amortization schedule, forms, instructions for conventional mortgages. Satisfaction guaranteed; $49.95. Lummis, Box 7661-SP, Tamuning, Guam 96911.

Earn money while you read! Extra income possible through unique book-club program. It's easy. No risk. No pressure. No inventory. Information, catalog—$1. Refundable. Hamy, 315 Fairview, Hudson, NY 12534.

Huge profits from Oriental products. Free details. Midwest Books, P.O. Box 8147, Green Bay, WI 54308-8147.

Notices/Personal

Nice singles with Christian values. Free details. Write your age, interests. Dept. SEP, P.O. Box 454, Crossville, TN 38555.

ASIAN SINGLES. Sunshine International, Correspondence-Dept. XH, Box 260, North Hollywood, CA 91603.

Meet Christian singles. Local/world-wide—phone/mail introductions. Free information, fast service. Write: Box 9020-A30, Van Nuys, CA 91409.

Asian, European singles! Quality people! Inter-Pacific, Box 304-SP, Birmingham, MI 48012.

World-wide contacts. Correspondence, friendship, marriage. Details free! Hermes-Verlag, Box 110660/G, Berlin 11, W. Germany.

Caravan World Correspondence Connection invites you to make interesting new friends world-wide. Write: Caravan, Box 27186, Phoenix, AZ 85061, USA.

Handicap introductions—An inexpensive, nationwide dating service for handicapped and nondisabled. Free information. Box 232, Coopersburg, PA 18036. (215) 282-1577.

Desire marriage? "Single Christian Corresponders" serves marriage-minded Christians. Evangelical men, younger ladies, racial minorities especially needed. Curious? SASE, $2: Box 45P, Sanders, AZ 86512.

Nationwide introductions. Write: Exciting Club, Box 324, Ontario, CA 91762.

Alone? Single, searching for pen pal, friendship, or marriage? Join new discreet, successful introduction concept. For details, L.V. convention information write: True Match, P.O.B. 18000-5, Las Vegas, NV 89114.

Star Connections, contacts nationwide. For details send $3 to P.O.B. 12632, Winston-Salem, NC 27117.

World-wide women! Japan, Sweden, Peru, Australia. 101 countries. Free brochure, photos. Cherry Blossoms, Box 190SV, Kapaau, HI 96755.

Friendship, marriage, world-wide. Write: Singles(SE), Box 208, Adelaide. 5001. Australia.

Of Interest to All

Sample S&L refinancing schedule for $50,000 mortgage. Learn what it really costs to refinance high-interest-rate mortgages. Price $19.95 ppd. Leslie Lummis, J-5 Guma Trankilidad, Tamuning, Guam, USA, 96911-SEP.

Build a hummingbird garden, $6. Designs, Box 184, Macedon, NY 14502.

Save $100,000 on $50,000 mortgage! Beat banks at their own game! Avoid refinancing hassle and expense, estimated $2,500, including prepayment penalty. Our unique interest-saving procedure applicable conventional high-interest-rate mortgages 1980-84 can reduce 30-year mortgages to 15 years without requiring bank's approval because it's legal. Our deluxe packet includes sample schedule, forms, and instructions which show various ways of saving $100,000 interest. It also includes special amortization schedule for your particular mortgage. Will need date of mortgage, original amount, rate, term, and payments made to date. Guaranteed effective by member Guam Chamber Commerce. Price $79.95. Postal money order preferred, otherwise C.O.D. Leslie Lummis, J-5 Guma Trankilidad, Tamuning, Guam, USA 96911-SEP.

Anodized aluminum flagpole with flag, security light pole with U.L.-approved light, others. Send $1 and SASE to Geneva Fabricating, Route 1, Box 83, Geneva AL 36340. Act now. Will send factory outlet prices and literature.

Learn meditation as world service. For bimonthly material write MGMA, Box 566-S, Ojai, CA 93023. No fees, contributions support the work.

Join the fun! Details free! Treasure Chest Gift Club, Fair Haven, VT 05743.

About to retire? Do you have questions concerning money, housing, health, leisure, work, social security? Send for our booklet. "Six steps for a successful retirement." $5 plus $1 postage. Laurel Ltd., P.O.B. 970, Bloomington, IL 61701.

PET STAINS removed. Restores fibers to original color. Can save hundreds. $7 plus $3 s&h. Charles Koehler, 75-23 61 Street, Queens, NY 11385.

Nostalgia memories, 1900 through 2010. Treasured Memories Calendar Kit includes 11X17 replicas plus Annual Historic Events booklet—$10 (SASE/info.), Blois Voice, 5705 SW 163rd, Beaverton, OR 97007.

Of Interest to Women

Guardian-service glass lids available! Stevenson's, Box 3392SS, Orange, CA 92665.

Old Radio Programs

Yesterday's radio on tape. Quality sound, reliable service, free catalog. Adventures, Box 4822-P, Inglewood, CA 90302.

Free catalog: quality radio tapes. Carl Froelich, 2-S Heritage Farm, New Freedom, PA 17349.

Old-time radio on cassette. Quality guaranteed. Catalog $2: Radio Memories from the Attic, Box 1, 1000 Augusta, Elgin, IL 60120.

Tune in yesterday. Old-time radio on cassette. Free catalogs; thousands to choose from. Great gifts. Call (904) 377-7480, or write BWP Radio, Inc., 1105 N. Main Street, Gainesville, FL 32601.

Hello Again, Radio. Free catalog. Box 6176, Cincinnati, OH 45206.

Old radio shows. Free catalog! Radio, Box 9032, Wyoming, MI 49509.

Big band live broadcasts, Aragon Ballroom, Chicago, 1945, on cassette—$5 p.p. List with order. N.P.A. Box 160, Zaconia, NC 28790.

Real Estate

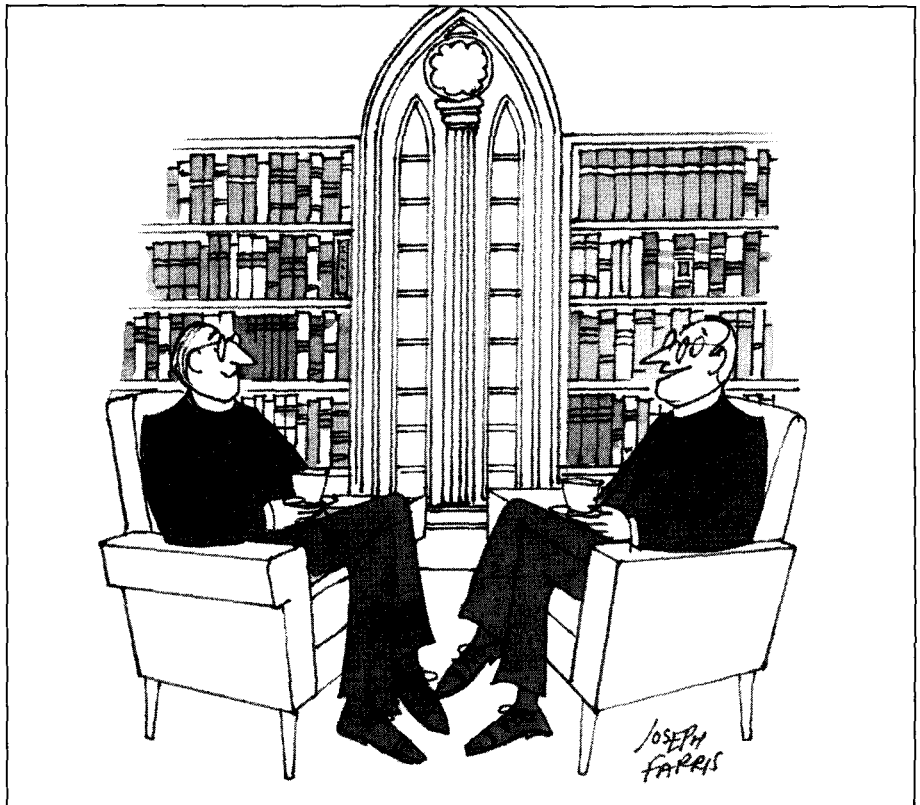
Northern Idaho, 5-10-20 acres. Trees, meadows, creeks, springs, wildlife. Northwest lake country. Hundreds of choice parcels. Homesites, miniranching, recreation, retirement. Easy terms. Free brochure, maps, photos. National Associated Properties, Dept. SP, 1111 Sherman, Coeur d'Alene, ID 83814. (208) 664-8161.

Montana-northern Idaho land. Five-40 acres of beautiful, productive land in the heart of the Northwest's unpolluted wilderness. Some parcels border over a million acres of national forest. Big timber, mountains, meadows, lakes, and streams with trophy hunting and fishing. Choose from rural convenience to mountaintop isolation. All with good roads. Four-season living at its unequaled best. Timber and mineral rights, warranty deed, insured title, easy owner terms. Free brochures, maps, and photos. Videos available. Timberland West, P.O. Box 1088, Dept. SEP, Coeur d' Alene, ID 83814. (208) 664-3870.

Free catalog—top real estate values from coast to coast. Full-color premier properties section. Call or write today! United National Real Estate, 4700-VP Belleview, Kansas City, MO 64112. 800-821-2599; MO residents call: 800-892-5785.

Recipes and Gourmet Foods

Famous Spanish recipes. Delight family and friends with paella and five others. $2.95 and SASE to Specialties International, SEP 387, 2416 S.E. 10 Court, Pompano Beach, FL 33062.



"Hear any good prayers lately?"

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Premium gourmet wild rice. Nutritious high fiber! 1 lb. box $8.50 (2/$15); in beautiful silkscreened bag $10 (2/$18), ppd. Recipes included. Will ship as gift. North Woods Provender, Star Route, Box 67, Bear River, MN 55723.

Recipe, newspaper, magazine clippings neatly organized, mounted. Small, large jobs. Free details. Also cooking and baking hints. Four pages. Handy reference. $2. Amfax Co., Box 5810, Philadelphia, PA 19128-0810. (215) 849-8732.

Great zucchini! 12 mouth-watering recipes, $2, SASE. Betty, 409-A Winston Dr., Bakersfield, CA 93309.

Wafer cake and food decorations complement your best baking efforts. For information: Cake-d-Cor, P.O. Box 402, Lebanon, NJ 08833.

Fat-free pie crust. Incredibly easy, absolutely delicious; $2. P.O. Box 667, New Westminster, V3L 4Z3, Canada.

Mouth-watering, delicious vegetables blend into complete, balanced meals. Lose weight, strengthen heart. Send $5, SASE to MIC Communications, 326 Carlyle, Wichita, KS 67217.

Southern cooking for the new cook. Sample, $1. Sample, Box 174, Eros, LA 71238.

Forty-six tested, delicious recipes, delightful cartoons: breads, cakes, main dishes, pies, soups from Theresa-Kathleen Collection. Send $6.25 to 16550 S.W. 113th, Tigard, OR 97224.

Delicious 15-minute microwave jam recipe; great for family or gifts. Send $2, SASE to Jam, P.O. Box 2535, Glendale, AZ 85311.

Recipes for entertaining. Twelve easy hors d'oeuvre and beverage recipes make any party a success. $4, SASE: Recipes, RR6, Box 117, Fargo, ND 58103.

Learn how to cook shrimp creole and other Cajun dishes, by "Chef Paul Prudhomme's." Write to: Florence III, Book Company, P.O. Box 212007, Columbia, SC 29221-2007.

Records

Easy-listening organ, guitar cassette featuring gospel favorites: "What a Friend," "Precious Memories," "Amazing Grace," others. $7 to Dove of California, P.O. Box 5945, San Bernardino, CA 92412 (includes first-class postage).

Religious

Christian singles pen-pal club. Send $2, SASE: D. Buettner, 4056 Lillie Drive, Grand Island, NE 68801.

Success in life principles handsomely printed on 5"x8" laminated card for easy reference. Achieve financial freedom through God's laws of prosperity. Great gift. 1/$3, 3/$8. SLP, Drawer 850, Beaufort, SC 29901.

The Creator has a name. Few people know it, yet they wonder why their prayers aren't answered today. Write for our free booklet, "Why Aren't Your Prayers Answered Today?" Learn the Name of the Almighty. Write Prayer, Box 2442, Abilene, TX 79604.

Become a Catholic priest! Bishop's nontraditional method leaves type and location of assignment mostly your decision. Unnecessary to relocate or abandon present career. Celibacy optional. Legitimate offer. Write: Vocations Director, 1315 Eighth Avenue, Altoona, PA 16602.

LDS? Need a good place to ask questions about your faith? Temple Outreach, P.O. Box 168, Kensington, MD 20895.

Retirement Living

Active retirement in beautiful southern Ohio—join the caring community at Bristol Village. Independent living, individual homes starting at $20,000, life lease with refund policy, modest monthly fees; first night's visit free. Bristol Village, Waverly, OH 45690. 800-223-9766; in Ohio, 800-223-3811.

Self-Improvement

Nutritionists Institute of America. Home-study program in nutrition. Help others and help yourself in a comprehensive educational correspondence school. Free booklet; call 800-821-5234. 812 Woodswether Road, Kansas City, MO 64105.

Help for premenstrual syndrome. Tape, guide—$9.95. Coping Unlimited, Box 3576, Fredericksburg, VA 22402.

Addictive behavior & recovery. Alcoholism, overeating, and pedophilia. Send $10 and SASE for manuscript to SPD, Box 603, Walsenburg, CO 81089.

Services

Guaranteed deliverable mailing lists. Fail-safe categories. For details and order form send SASE, Box 566, Otis, MA 01253.

Research/writing. All fields. Highest quality; confidential. Research Services, P.O. Box 48862, Niles, IL 60648. (312) 774-5284.

Spices

Buy the finest spices direct. Free catalog. Write: Tone's, Box AA, Des Moines, IA 50301. Call toll free: 800-247-7472, ext. 375.

Stamp and Coin Collecting

Cash for stamp collections. (601) 856-7263 or SEP-Stamps, P.O. Box 718, Madison, MS 39110.

Toys, Games, & Novelties

Discount catalog of toy trains and radio control cars. Lionel, LGB, K-Line, Tamiya, plus more. Send $2 (refunded with first order). National Train and Hobby Supply, P.O. Box 41, Flatbush Station, Brooklyn, NY 11226, Dept-EP.

Travel/Vacation

Montana ranch vacations. All-inclusive vacations in the Rocky Mountain wilderness, trout fishing, horseback riding, river rafting, and many more activities for all ages. The Hawley Mountain Guest Ranch, P.O. Box 4-S, McLeod, MT 59052. 406-932-5791.

Bed & Breakfast newsletter. INDEPTH, anonymous REVIEWS. Rates, EVENTS, travel tips. $16 yearly (8 issues), $2 sample. B&B Travelers Review, Dept. SEP, Box 469, Utica, NY 13503.

Bed & breakfast, Scottsdale, AZ, Box 2214, or call (602) 941-1281.

Wanted

78 rpm records—72-page illustrated catalog, including thousands of specific prices we pay; $2 (refundable). Discollector, Box 691035(SP), San Antonio, TX 78269-1035.

Inventions wanted! Patentvestments International, 1050 Connecticut #300, Washington, DC 20036.

Anything American Indian, Potawatomi Museum, R 1, Box 147A, Angola, IN 46703.

High Fiber Recipes

A Unique Book by
Cory SerVaas, M.D.

There is good evidence that fiber prevents diverticulosis and cancer of the colon.

In this book you will find wonderful ways to combine high-fiber foods in meals that will please the palate and placate the purse.

The Saturday Evening Post Society
1100 Waterway Blvd.
Indianapolis, IN 46202

Please send me *The Saturday Evening Post Fiber & Bran Better Health Cookbook* as indicated. [Please allow four weeks for delivery.]

_____Softcover Edition @ $8.00

☐ Check ☐ VISA ☐ MasterCard
Card # _____
Exp. Date _____
Signature _____
Name [print] _____
Address _____
City _____
State _____ Zip _____

Indiana residents add 5% sales tax.
Also available at local bookstores. 7C

Grandpa Hopewell

continued from page 75

he said. Working for the government on something called jet propulsion. He asked exactly how the exhaust on grandpa's tractor sounded, and then he banged his fist on the table and said he dratted well believed grandpa had discovered a secret they had tried to find for years. He said he would just wait until grandpa came back.

(continued next issue)

The Mission

continued from page 36

ing for her father unless——"

"The endless search for truth," the priest said. "For beauty. For love." He shook his head in sadness but managed a smile. "From what the curé in Aquin tells me, this one gives more of all three than she can ever hope to find."

The woman went upstairs. She came down with Yolande at her side, clinging to her hand. The child looked from Henri Maxime to the priest, waiting. Henri leaned forward on his chair hesitantly.

"I have something to tell you, Yolande. Something I hadn't the courage to tell you yesterday, when you were hurt.

"Your father is dead."

Yolande returned his steady gaze without blinking. Only her mouth trembled.

"He died not long ago, here in the capital," Henri said. "I knew him well. He was, as you say, a great artist, a great man. He was also my best friend. When he died he asked me to take his place, if ever you needed me. He asked *me* to be your father. I said I would if you would let me."

The child turned to look at Henri Maxime's wife, who smiled at her through a mist of tears. She turned to the priest, who nodded. She looked at Henri again.

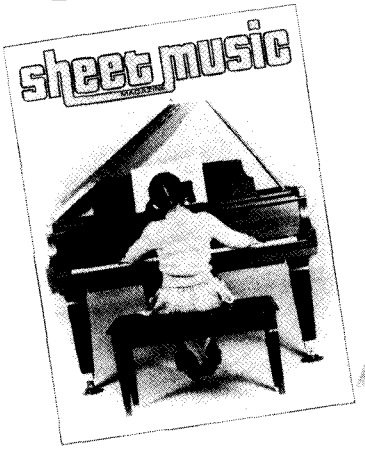
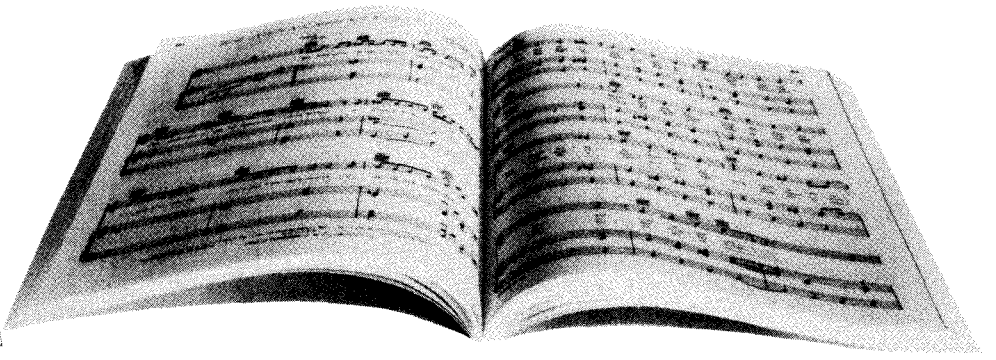
"You would live here," Henri said, "and Marguerite would be your sister. We have always wanted a sister for Marguerite. You would make us very happy, Yolande."

"*I* would make *you* happy?" Yolande asked.

"Yes. *You* would make *us* happy," Henri replied.

"Then I will stay," Yolande said, nodding. "Thank you very much."

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

If You Read Music... Accept a FREE ISSUE of



The Only Magazine You Can Play!

We call it SHEET MUSIC MAGAZINE. And that's exactly what it is! Each and every issue is filled with the most popular sheet music ever published, including *Pop, Great Standards, Jazz, Show Tunes, Folk, Country, Tin Pan Alley, Movie Songs, Classics, Ragtime, Blues,* and more.

When you sit down at your piano, organ, guitar or any musical instrument, *we want to be your music book!* And when you want to improve your own musical ability, we want our staff of writers to *show you how.* And in every issue they do just that! There are Keyboard Clinics, Guitar Workshops, Composers' Workshops, Sight-reading, Playing By Ear, Theory And Harmony, Rhythm Workshops, and so much, much more.

A single year's subscription brings you dozens and dozens of great songs. And when you consider the price of sheet music these days, about $3.00 per song, and realize that Sheet Music Magazine provides the exact same thing for less than *18¢ a song,* you can understand why it has more subscribers than any other music magazine in the world today. A one-year subscription for $15.97 brings you over $200 worth of music!

And now you can choose between a *Piano Edition* and an *Organ Edition.* Each edition is specifically arranged for *your* instrument, and includes feature articles of special interest to *you.* Also, you can choose an *easy-to-play* version of the piano edition as well as the organ edition. The *easy-to-play* editions are especially good for you beginners and new students, young or adult, who don't think you are quite ready for the standard and special arrangements found in our standard editions. (If you are undecided as to which version would be right for you, we suggest you try the *Easy Edition.* You can change at any time, at no cost whatsoever.) Check your preference on the subscription application.

FIRST ISSUE FREE

Let us send you your first issue and these wonderful songs FREE. . .

Send In The Clowns
The Way We Were
Love Theme From "Superman"
Don't It Make My Brown Eyes Blue
Imagination
Hill Street Blues
M*A*S*H
Rhinestone Cowboy
New York, New York
We've Only Just Begun
Watch What Happens
Make Believe
Mr. Lucky
The Second Time Around

Play a free issue of Sheet Music Magazine. If you are not completely thrilled and delighted, you may cancel your subscription and receive a 100% refund of your payment. And the big, music-packed first issue will be yours to keep!

Sheet Music Magazine 352 Evelyn Street, P.O. Box 933 Dept. K7-06-47
Paramus, New Jersey 07653-0933

YES, SEND MY FREE ISSUE and enter my subscription to Sheet Music Magazine as checked below. I understand that I may cancel after receiving the free issue and receive a 100% refund of my payment — no questions asked! The free issue is mine to keep in any case!

(✓) check one
Piano/Guitar
☐Easy
☐Standard

Organ
☐Easy
☐Standard

(✓) check one
☐ One Year (9 issues) $15.97
☐ Two Years (18 issues) $29.00

Name _____

Address _____

City _____ State _____ Zip _____

☐I enclose full payment of $ _____ (Make check payable to Sheet Music Magazine)

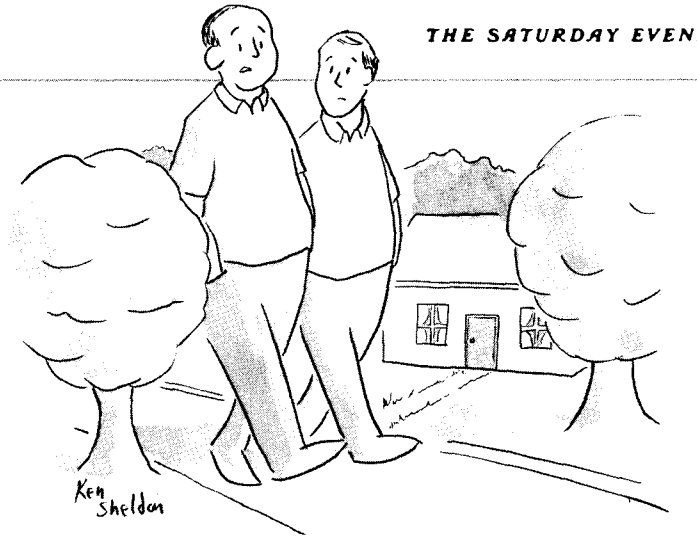
Charge to: ☐Mastercard ☐Visa

Account No. _____ Exp. Date _____

Canadian residents please add $2.00 per year extra for postage.

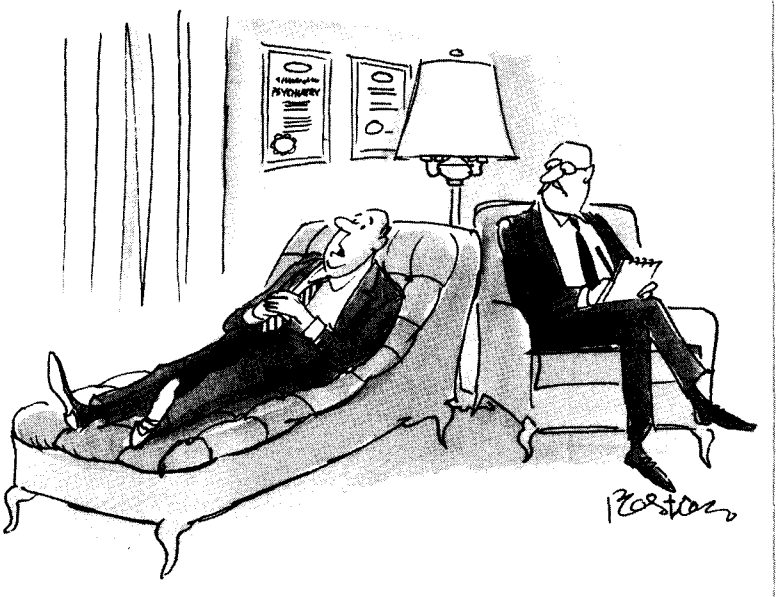
PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

GROWING PAINS

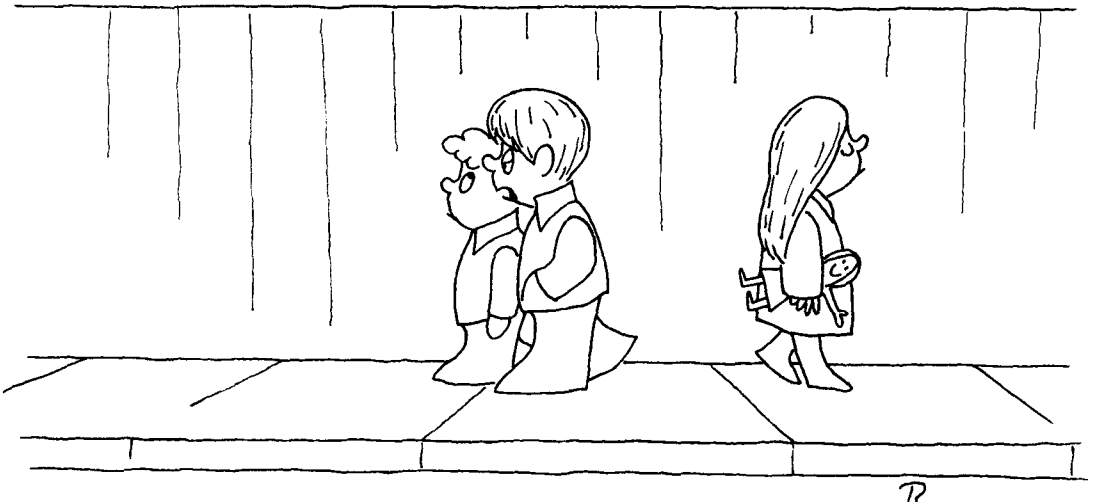


"You know, this town seemed so much bigger when we were growing up!"

"Before we do our shopping, son, there's a little something your mother and I would like to discuss with you."



"Everybody thinks I'm immature, except my mommy."



"Well, I'm eight *and I don't understand 'em, either!"*

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Norman Rockwell Prints
from *THE SATURDAY EVENING POST*

NR-10 The Plot Thickens

NR-20 The Lion Keeper

NR-25 Summer Stock

NR-26 At the Vets

NR-11 Big Moment

NR-12 Golden Days

NR-32 Breaking Home Ties

NR-15 Missing Tooth

NR-34 Girl at the Mirror

NR-18 Love's Old Sweet Song

NR-21 Doctor and Doll

NR-23 The Runaway

These beloved Rockwell prints are taken from the cover of *The Saturday Evening Post*. Each 11" x 14" unframed print is reproduced in full color, on authentic artist's canvas by skilled craftsmen.

Please send me the following prints at $6.45 each.

Print Code	Quantity	Price
NR-		
NR-		
NR-		
NR-		
NR-		
NR-		

Armchair Shopper, P.O. Box 130, Indianapolis, IN 46206

☐ Check enclosed ☐ VISA ☐ MasterCard

Card # _____ Exp. date _____

Signature _____

Name (print) _____

Address _____

City _____ State _____ Zip _____

Indiana residents add 5% sales tax. Allow 4 to 6 weeks delivery. 7C

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

TRY THE BERMUDA ANGLE

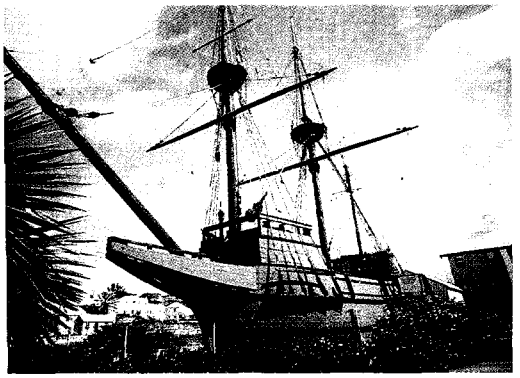
Once known as the "Isle of Devils," Bermuda is now known as a subtropical paradise in the mid-Atlantic.

by M. Timothy O'Keefe

Bermuda is notable for more than the legendary triangle that bears its name. Situated well away from the Caribbean island chains, this self-governing British dependency is 570 miles east of Cape Hatteras, far out in the Atlantic but kept warm year round by the Gulf Stream.

Sailors once called Bermuda the "Isle of Devils" because the nearby reefs so menaced navigation. Its reputation was well-deserved: more than 500 ships have piled up on the barrier reefs that encircle Bermuda. (To islanders today, the "Bermuda Triangle" is most familiar as a seafood dish consisting of a split, broiled lobster that forms the top of a triangle, with a small beef fillet as the base.)

Bermuda takes its name from the Spanish explorer Juan Bermúdez, who arrived in 1503. He did not claim the land for Spain, however. The islands were still uninhabited when the English Admiral Sir George Somers, on his way to Virginia, ran his flagship aground on a Bermudan reef in 1609. This accident led to a permanent British settlement in 1612 on what became known as either "Bermudas" or "Somers Islands." The Spanish-based name has, of course, become the better known, an ironic twist for islands so strongly steeped in British tradition and sophistication.



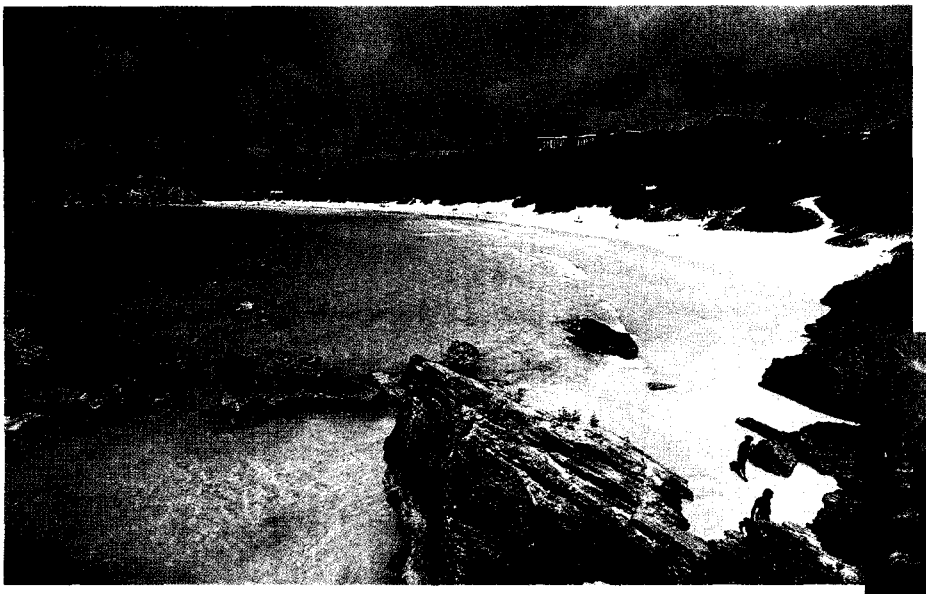
Bermuda's first visitors spent most of their time trying to get *off* the island. A replica of a ship built by castaways in 1609 awaits today's visitors in St. George.

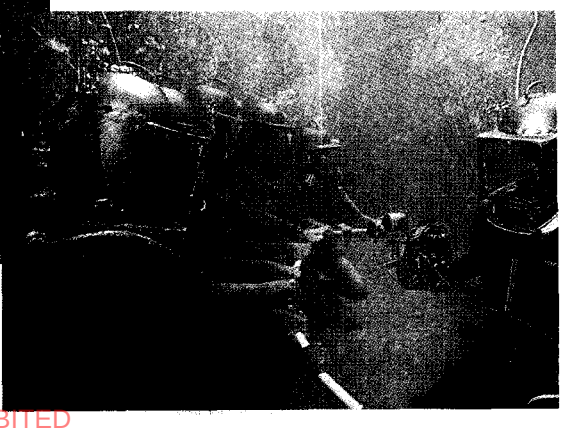
Bermuda clings tightly to the values of a past in which order, efficiency, and consideration were an everyday standard. Its small towns are extraordinarily clean; litter is almost unknown. So is garishness—flashing neon signs are forbidden by law.

In British tradition, gentlemen are expected to wear coats and ties in the evening for dinner. Of course, men may wear shorts to any formal occasion as long as they also don coat, tie, and shoes and socks—after all, Bermuda shorts were born here! Ladies are expected to dress a bit more primly and show less leg on formal occasions.

To preserve its elegant lifestyle, Bermuda has in many ways been governed strictly. Hotels, for instance, are limited in the number of rooms they may build at a particular time. Only a certain number of cruise ships may be in port on any given day. Automobiles, limited to a certain horsepower and size, may travel no faster than 20 miles per hour. Further, autos are for residents only—one per household; there are no rentals. This stricture has led to both a healthy taxi trade (an estimated 500 cabs) and a flourishing rental business for motorbikes, the chief means of daytime tourist transport.

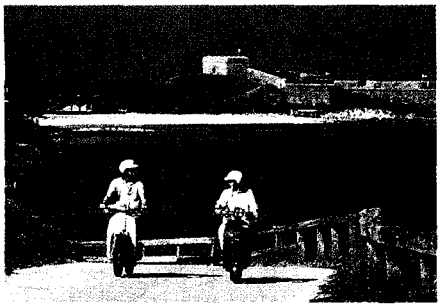
As up to several thousand motorbiking tourists move around the island at one time, Bermuda's streets sometimes look like a race track. However, the motorbikes should not be attempted by those who feel the slightest bit uneasy on one. So many Americans are "wiped out" on their rental bikes each year that the residents have coined a special name for the condition tourists contract when they go skidding across the pavement; it's called "road rash."





If the "still-vex'd Bermoothes" in *The Tempest* referred to Bermuda, Shakespeare had obviously never spent an untroubled day on a secluded Bermudan beach.

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED



The eight-foot-thick walls of Fort St. Catherine overlook the beach where settlers first came ashore.

Bermuda is most enjoyable out of doors, but good weather can be counted on for only part of the year. The main tourist season runs from March until the end of October, although locals advise that consistently good weather doesn't begin until May. The Gulf Stream keeps summertime temperatures in the 80s.

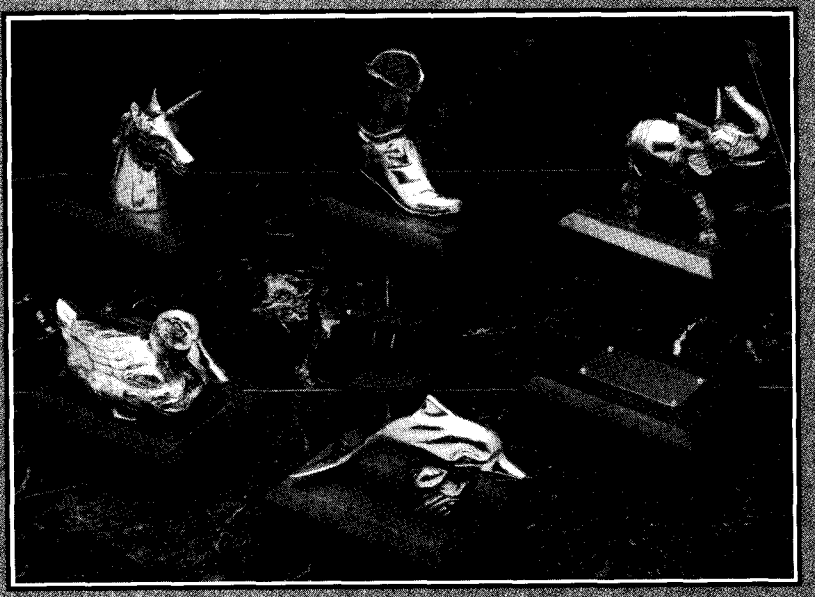
Deciding where to start sightseeing can be difficult because the sights are so spread out. Bermuda consists of 145 small islands—the name usually refers to the 8 largest islands, joined by bridges and causeways. These interconnected islands form a fishhook 22 miles long and only about 2 miles across at the widest point.

The eight largest islands have been subdivided into nine parishes. Locations are referred to by either town or parish names. St. George's parish, at the easternmost tip of the fishhook, is where British Bermudan history first began. Here Admiral Somers ran his flagship *Sea Venture* aground on the reef off of St. Catherine's Point. Several historic forts, a championship

continued on following page

Whether sampling 17th-century-style justice in King's Square or treading the ocean floor within the safe confines of a diving helmet, you'll find plenty to capture your imagination in Bermuda.

Brasswood COLLECTION
DECORATIVE LAMP TOUCH DIMMER



Light Up Your Life with Your Magic Touch

One simple touch of your Brasswood Collection Decorative Lamp Touch Dimmer will light up your room easily, conveniently, and economically. No more fumbling for the light switch in the dark with an armload of packages—with a Brasswood Collection piece plugged into any incandescent lamp, a brightly lit home is at your fingertips. Touch-control dimming offers four brightness levels with any standard light bulb and cuts energy costs by providing only the light needed and prolonging the life of your light bulbs. No moving parts to wear out, no twist knobs to aggravate arthritic or impaired hands. Choose from six attractive designs to match any decor: elephant, dolphin, duck, unicorn, Western boot, engravable plate.

Mail to Armchair Shopper, P.O. Box 130, Indianapolis, IN 46206.
Please send me ☐ elephant ☐ dolphin ☐ duck ☐ unicorn ☐ Western boot ☐ engravable plate
At $34.95 each plus $2.00 each for p&h (Please allow 4-6 weeks for delivery. Indiana residents add 5% sales tax.)
☐ Check or money order enclosed ☐ VISA ☐ MasterCard

Card no._____Exp. date_____

Signature_____

Name_____

Address_____

City_____State_____Zip_____

7C

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

golf course, and the ten-story Club Med hotel all overlook the historic landing site.

History is everywhere in St. George's. On Ordnance Island is *Deliverance II*, a full-scale replica of the *Deliverance*, itself one of two vessels originally fashioned from the remains of Somers' wrecked *Sea Venture*. *Deliverance II* is open for inspection daily; a small maritime museum is on board.

Replicas of the stocks, pillory, and whipping post used to punish criminals 300 years ago are located in nearby King's Square, in the center of St. George town. Most of the people sticking their heads, feet, and arms through the devices today are honeymooners posing for pictures.

St. George's (and Bermuda's) strangest monument may be Somers Garden. A year after Admiral Somers' wreck, he died on the island. Evidently his crew took him literally when he said his heart lay in Bermuda, because they removed it and buried it before shipping his body back to England. A tall monument marks where Somers' heart has been interred.

Hamilton Parish, adjacent to St. George's, contains Bermuda's widest spectrum of activities, ranging from golfing at the Mid Ocean and Castle Harbour golf clubs to spelunking among the stalactites and stalagmites of the Leamington and Crystal caves. But for many, the favorite is in Smith's Parish—the chance to walk on the ocean floor while wearing a diver's helmet. You don't need to know how to do anything but walk and breathe in order to enjoy this unusual experience.

A typical two-week stay would not suffice to sample every one of Bermuda's white-sand beaches. Many beaches are secluded by great rock formations that turn them into private coves. Horseshoe Bay in Southampton is regarded as Bermuda's most beautiful beach because of the brilliant colors of the water and the sand. Other standout beaches are West Whale Bay, Church Bay, Jobson's Cove, and Warwick Long Bay.

In addition to beaches, Bermuda is well-known for bargain shopping. On Front Street in the capital city of Hamilton are found good buys in fine china, pottery, crystal, linen, and imported clothing. However, the best bargains are British woolen items, at least 30 percent less expensive than in the United States.

After the sun goes down and the shops close, restaurant hopping becomes the favorite Bermudan pastime. A two-dollar investment in the latest edition of *Dining Out in Bermuda*, which lists the menus (and prices) of most of the top restaurants, will make choosing among the great variety of restaurants much easier.

Although Bermuda can be more expensive than the Caribbeans, air-hotel packages, officially discouraged by the Bermudan government until just recently, can cut costs by as much as 30 percent. Condominiums, apartments, and guesthouses can also be good values.

The Bermuda Triangle may not really exist, but Bermuda's beauty, hospitality, and recreational opportunities are definitely the stuff from which legends are made. ★

WASHINGTON AFTER THE CHERRY BLOSSOMS FALL

Capital ways to plant your time in the District of Columbia once you've done the monuments or missed the cherry-blossom season.

National Arboretum

"Without training, that 5-foot Japanese bonsai would be an 80-foot forest tree," says the National Arboretum's director, Dr. Henry M. Cathey. "We have the finest collection of Japanese bonsai outside Japan," he continues. "Thirty percent of the arboretum's plants are of Asian origin, particularly from Japan. Japan is our closest gardening friend because their growing climate is similar. The two climates are perfect companions."

The National Arboretum, the District of Columbia's largest public green space, ranks among the world's top gardens. Ten miles of gravel walks meander past 80,000 tagged plants and trees from all over the world. This year half a million people will visit its 444 acres in northeast Washington.

One of the arboretum's most spectacular year-round attractions is the National Bonsai Collection. Japan, where nurturing the miniature trees is an ancient and revered art, gave the 53 bonsai plants, valued at $4.5 million, as a Bicentennial gift. The plants, housed in a Japanese garden complex adjacent to the Administration Building, range in age from 30 to 350 years. The 180-year-old Japanese red pine is from the Imperial household, the first of the Imperial collection ever to leave Japan.

The Oriental theme is continued in the Arboretum's "Asian Valley," overlooking the Anacostia River. Japanese plants fill one side of Asian Valley; Chinese plants, the other. Its 25 acres have a 1,800-foot vista to the Anacostia River and a 500-foot water course with an echo chamber "that laughs," Cathey says.

Some other highlights of the National Arboretum:

- The National Herb Garden,

A capital attraction often overlooked, the National Arboretum displays the finest collection of bonsai outside Japan (below) and acres of spectacular azaleas (right).

Erik Neumann/U.S. National Arboretum

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

which has 7,000 plants, has become one of the world's leading centers for herbal display since it opened in 1980. Its two acres are divided into three sections: the "Knot" garden design, fashionable in 16th century England; the Heritage Rose Garden, a collection of 90 species that bloom in May or June, used for perfume, medicine, food, and pleasure; and ten specialty herb gardens containing 1,000 varieties of herbs used in industry, medicine, and cooking. Midsummer and early fall are the best viewing times.

- The Gotelli Dwarf and Slow-Growing Conifer Collection, 1,500 cone-bearing trees that never reached their normal stature, is the world's largest, occupying a five-acre hillside. The trees' size may be due to such factors as viruses; bud mutations; insect irritation; chance seedlings; or environmental, climatic, or geographic variations.
- The National Country Garden features many little gardens on three acres. They demonstrate creative ways to grow flowers and edible vegetables and how to enjoy some benefits of country life even in urban areas. This project shows visitors how to deal with such problems as excessive heat or shade, limited space, and insufficient water.
- Fern Valley is a natural, wooded area containing ferns, native wildflowers, shrubs, and trees. Wandering on the path through Fern Valley's four acres, visitors pass through several distinct plant communities characteristic of climates from New

continued on following page

You can make a lot of memories during an Arkansas summer. Like that day on the lake when the big one didn't get away. The cleanest, coldest river you ever wet your feet in. The fun-filled festival you wished would never end. The Natural State has a summer to remember every year. And it lasts from April to October. The memories last longer when they're made in Arkansas.

Call or write today for the most complete visitor information kit in America. It's free.
Call toll-free **1-800-643-8383**. IN ARKANSAS call 1-800-482-8999.
Mail to Arkansas Vacations, Dept. 1424, One Capitol Mall, Little Rock, Arkansas 72201

Name _____ Address _____

City _____ State _____ Zip _____

THE NATURAL STATE Arkansas

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

England to Florida.

• During late spring, the top of the hill in Cryptomeria Valley is laced with the pink and white blooms of more than 80 kinds of dogwood.

The National Arboretum provides a new show for each season. Summer brings hibiscus, crape myrtle, and lilies. The fall foliage is highlighted by the rich yellows of tulips, poplars, and hickories and the reds and bronzes of the gums and dogwoods scattered throughout the arboretum. The winter landscape seems less stark here among the pines, witch hazels, viburnum, hawthorns, *Pyracantha*, and nandins aflame with yellow, orange, and red.

Spring produces a riot of azaleas, forsythia, magnolias, camellias, rhododendron, pears, daffodils, quince, crabapples, dogwoods, tulips, mountain laurel, viburnum, flowering cherries, and peonies. About 70,000 azaleas blaze on the slopes of Mt. Hamilton, at 239 feet the second-highest elevation in Washington. The arboretum's director calls the route to the top of this elevation "Washington's mountain road." Through the trees at the summit you can see the U.S. Capitol.

Until late May the azaleas provide a stunning array of pink, rose, red, orange, purple, and white blooms on the 7-acre hillside. The azaleas, also used as accents throughout the other gardens, constitute what is perhaps the nation's largest azalea collection. Most of the azaleas are taller than the people walking among them.

Dumbarton Oaks

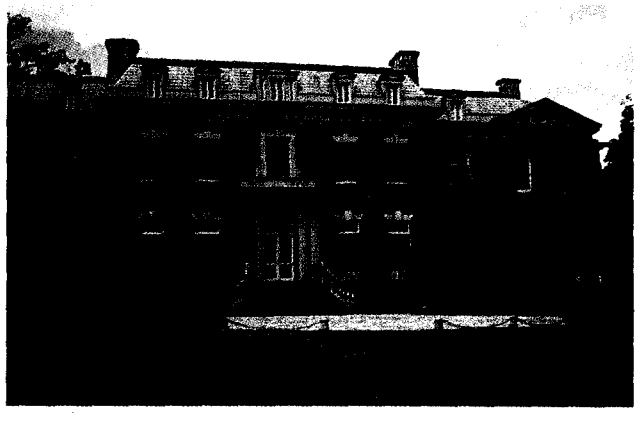
On a hot and humid summer day in 1944, cautious diplomats from the United States, Britain, the Soviet Union, and China began weeks of meetings in Dumbarton Oaks' Renaissance-style Music Room. In that chamber they worked on proposals for the drafting of the Charter of the United Nations. The conference became a symbol of hope that peace would come and endure for all peace-loving nations.

The imposing Dumbarton Oaks estate is today a museum, gardens, libraries, and a research center. Located at the top of a steep slope rising from the Potomac River in Washington, D.C.'s Georgetown section, its magnificent terraced ten-acre gardens are perhaps America's last great gardens, a relaxing oasis in the midst of the nation's bustling capital city.

Today twice as many people, about 100,000 a year, visit the gardens as see the museum collections. Although located in the center of one of the oldest and busiest sections of Washington, the gardens express the atmosphere of a country estate. Visitors begin the self-guided tour at the Orangery, a rectangular pavilion built in 1810, a sort of Palladian hothouse with seven tall, arched sash windows. Covering the walls and beams is a fig vine planted during Lincoln's presidency. An orangery is a place to conserve plants. In October after the first frost, gardeners move the terrace's potted plants into it. They remain in the Orangery until the last frost.

The tour continues through descending terraces to gardens that become less and less formal the farther they are from the house. These gardens were planted with the standard colors of women's dresses in mind so as not to clash with the ladies' clothing. Yet the gardens are colorful, indeed.

Nearly 1,000 rose bushes bloom each year in the Rose Garden, the grand ballroom of the outdoor enclosures. On a nearby bench is the Biblical epigram the last private owner chose as the Dumbarton Oaks motto: *Quod Severis Metes,* "As ye sow, so shall ye reap." Visitors saw this motto earlier in the gilded sheaf atop the wrought-iron gates at the entrances to Dumbarton Oaks.



Dumbarton Oaks' 186-year-old mansion, once a vice-president's home and later a meeting place for world diplomats, now houses a collection of Byzantine and pre-Columbian art.

Dumbarton Oaks' Georgian brick mansion was built in the early 1800s on land Queen Anne granted to Col. Ninian Beall nearly a century earlier. Not long thereafter, the Secretary of War, Vice President, and then Senator from South Carolina John C. Calhoun lived there. Mr. Robert Woods Bliss settled at Dumbarton Oaks with his wife in 1933. In 1940, they donated the house, gardens, and collections to Harvard University.

Mildred Bliss wanted to create gardens that would incorporate elements of the traditional French, English, and Italian gardens she admired. She worked for 25 years with the landscape gardener Beatrix Jones Farrand, the only woman among the founding members of the American Society of Landscape Architects. She and Mrs. Bliss made 1,500 working drawings and clay mock-ups of all the garden sculptures, benches, canopies, heraldic motifs, pools, fountains, gates, and the miniature Roman-style amphitheater, which can seat 50.

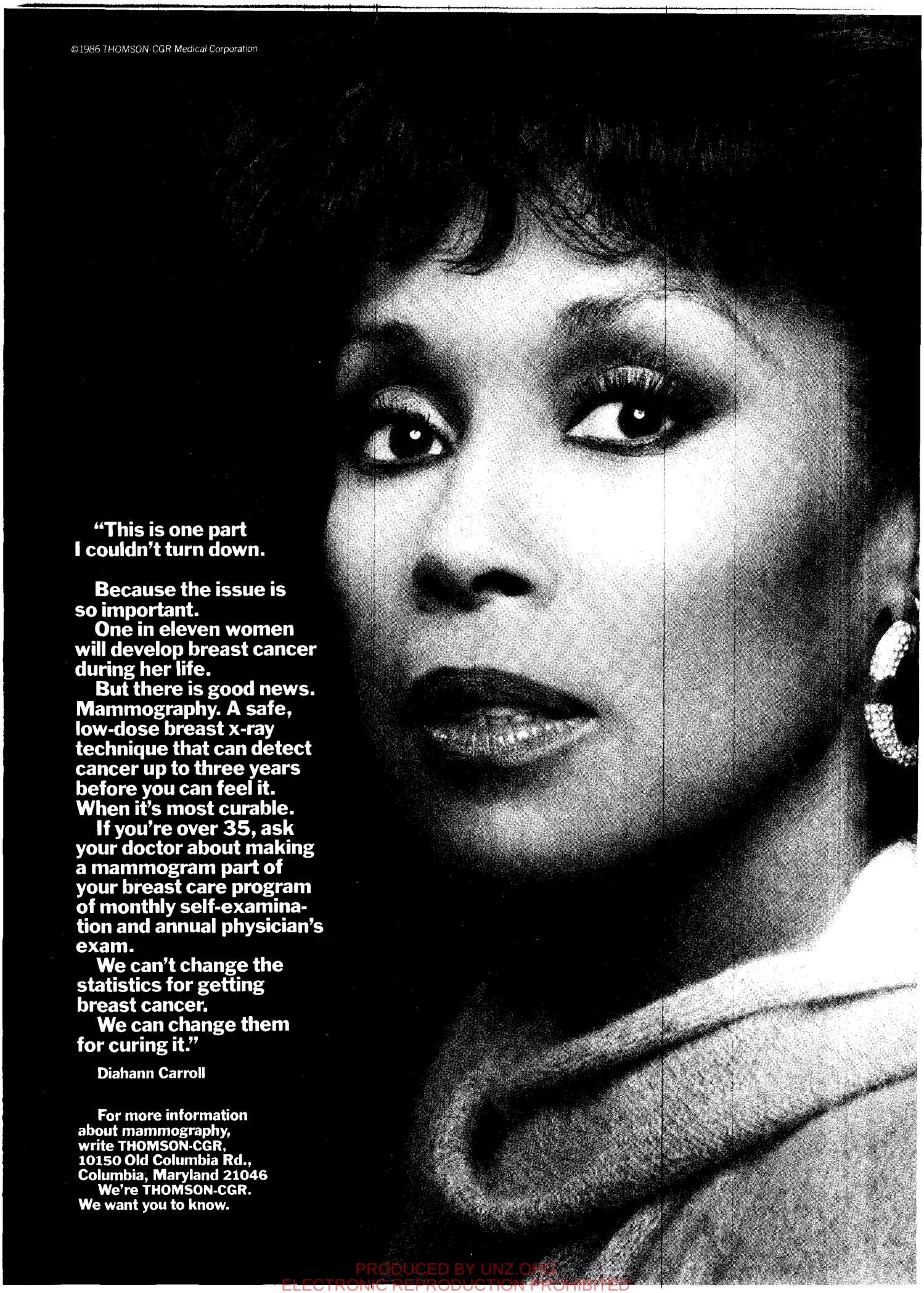
Spurred by the breakup of numerous European libraries after the war, Mrs. Bliss and Farrand began assembling a major library in landscape architecture. Frowning upon art dealers' tearing up rare books to sell the separate prints and engravings at a higher profit, Mrs. Bliss built her Garden Library to house her collection of 15,000 books, manuscripts, drawings, and prints. Exhibited in this library are an Odilon Redon that the novelist Edith Wharton once owned, Seurat's *Head of a Girl,* and works by Renoir, Degas, Vuillard, and Lorraine.

Dumbarton Oaks' Byzantine art is in the rooms and corridors surrounding the open courtyard with its mosaic pool. This exhibition shows the highest achievements of the minor arts of Byzantium. Highlights include 6th-century implements for the celebration of the Eucharist, such as chalices, patens, spoons, book covers, and a ceremonial fan with a border of peacock feathers imitated in silver. Other outstanding objects include ivory icons, glazed pottery, silver and metalworks, illuminated manuscripts, gold jewelry,

continued on page 90

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

©1986 THOMSON-CGR Medical Corporation



"This is one part I couldn't turn down.

Because the issue is so important.

One in eleven women will develop breast cancer during her life.

But there is good news. Mammography. A safe, low-dose breast x-ray technique that can detect cancer up to three years before you can feel it. When it's most curable.

If you're over 35, ask your doctor about making a mammogram part of your breast care program of monthly self-examination and annual physician's exam.

We can't change the statistics for getting breast cancer.

We can change them for curing it."

Diahann Carroll

For more information about mammography, write THOMSON-CGR, 10150 Old Columbia Rd., Columbia, Maryland 21046

We're THOMSON-CGR. We want you to know.

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

SOUTHERN TRAVEL DIRECTORY

FREE

FLORIDA BEACH RESORT GUIDE

Call now

Free 'n Easy

DESTIN/FT. WALTON BEACH
CENTRAL RESERVATIONS
1-800-874-8914
(or 904-837-GULF)

Florida at its best.
Sugar white sands. Emerald gulf waters.
• FREE RESERVATION SERVICE •
Your vacation is our business.

Abbott Realty Services, Inc.
1042 Hwy. 98 East • Destin, FL 32541

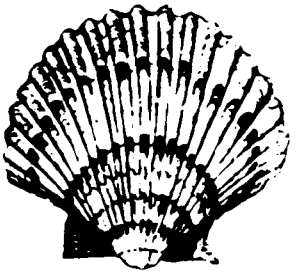
PLAY CLARENDON COURSES EVERY SEASON

In Clarendon County, South Carolina, there's no waiting to get on the course. There's always plenty of time to play your own game without interruption. Choose from seven courses within 20 minutes of each other, or stay a while and play them all. Spring, summer, fall or winter, our famous Santee-Cooper weather is a golfer's dream.

For more information on golfing packages, accommodations, hunting, fishing or camping, call or write the **Clarendon County Development Board, P.O. Box 670, Manning, South Carolina 29102. (803) 435-8813.**

CLARENDON
C O U N T Y
SANTEE COOPER'S BEST KEPT SECRET

Pam Harrington Exclusives



for the discriminating vacationer. . .
a commitment to excellence

Kiawah Island Rentals and Sales
3690 Bohicket Road, Suite 2-C
Johns Island, SC 29455
803-768-0273 **1-800-845-6966**

Just for the fun of it!

Challenging Golf • Action-packed Jai Alai • Excellent Deep Sea Fishing • Clay Court Tennis • Championship Motor Racing • Pro Baseball • Greyhound Racing • Outstanding Concerts • Colorful Theatre • Memorable Dining • Surfing'n'Sailing • A Great Big Beach! and close to Walt Disney World Resort®

Daytona Beach

Call or write for FREE Vacation Information
1-800-535-2828
IN FLA-1-800-854-1234

NAME _____
ADDRESS _____ STATE ___ ZIP ___
CITY _____ 623
Send to:
Daytona Beach Resort Area
P.O. Box 2775, Daytona Beach, FL 32015

St. Simons DESTINATIONS
THE ISLAND'S FINEST OCEANFRONT RESORTS

The Beach Club
North Breakers
Shipwatch
East Beach Villas

Call or write for full color brochures or reservation information:

Trupp-McGinty
Realtors • Insurors
P.O. Box 1
St. Simons Island, GA 31522
Rentals: 912/638-5450
In GA: 1-800-533-2679
Mon.-Fri.: 9-5

great savings!

Beach Rentals Charleston, SC

Island Homes and Ocean-Front Condos
Including: Wild Dunes
Isle of Palms
Folly Beach

FREE BROCHURE
CALL TOLL FREE
800-845-8600
IN SC CALL 886-4200

SEASIDE RENTALS
BY DEWEY SWAIN

PO Box A, Isle of Palms, SC 29451

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

The Post Reader Service Center

Charleston, South Carolina, beach rentals. Oceanfront homes and villas, including Wild Dunes Resort, just 10 minutes from historic Charleston. **O'Shaughnessy Resort Rentals.** Details are available; circle 34

Linger longer in **Kansas** as our celebration of American history, the great outdoors, and the spirit of Kansas people continues. Send for your free Visitors Guide and Kansas Fun Map and join the party! Circle 35

Send for your free **Oklahoma Vacation Planning Packet**, featuring parks and resorts, camping, lakes, outdoor recreation, events, and Western attractions. Circle 36

Arkansas—free vacation-planning kit. A valuable tool for selecting the sights and attractions for a great vacation in the Natural State. Contains a highway map, calendar of events, guide book, and valuable information. Circle 37

Florida's Silver Springs. Open all year. Glass-bottom boats, Antique Car Museum, jungle cruises, Cypress Point, and the Reptile Institute. More details available; circle 38

Kiawah Island—Pam Harrington Exclusives offers one- to five-bedroom oceanfront or lagoon/woods accommodations on the South's premier barrier island. For a free brochure, circle 39

Natchez Pilgrimage Tours—Join us any time of the year for individual or motorcoach tours of Natchez's elegant homes. Bed-and-breakfast accommodations are available. Annual pilgrimages in March or October. Circle 40

Daytona Beach, just for the fun of it! Glistening beaches, great entertainment. Close to Walt Disney World, Epcot Center, and more. For more information, circle 41

Charleston, South Carolina—Beach rentals—privately owned homes and condominiums located on the Isle of Palms, Sullivan's Island, Folly Beach, and The Wild Dunes. For a free brochure, circle 42

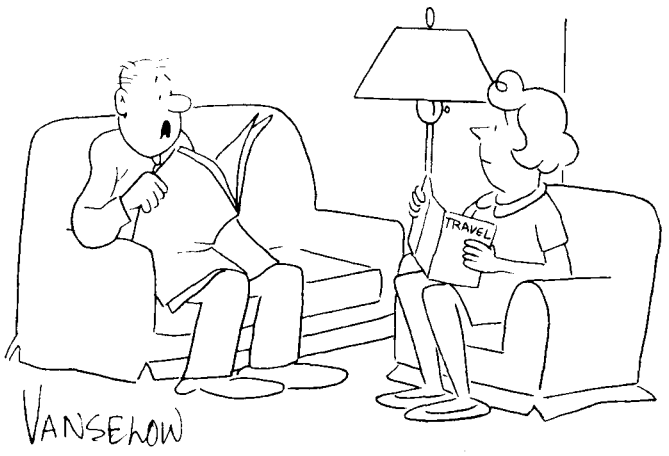
Clarendon County, South Carolina's best-kept secret in the famous Santee Cooper lakes area. Remarkable outdoor activities abound; circle 43

Charleston Mills House Hotel—Offering the ante-bellum grandeur and impeccable service of the Old South and featuring the award-winning Barbados Room restaurant. Two hundred fourteen rooms/suites. Located in the heart of the historic district. Circle 44

Saint Simon's Destinations represents the island's finest oceanfront condominium resort. Luxurious one-, two-, or three-bedroom condominiums. Circle 45

Marriott Villa Rentals—Hilton Head Island, S.C., offers luxurious oceanfront and other select villas within beautiful Sea Pines Plantation. Two-bedroom, two-bath villas. Twelve miles of beach and outdoor activities. Circle .46

Millions begin their **Winston-Salem** experience by stopping at the historically authentic 1700s village of old Salem. This 20-block restoration is truly older than America. Details; circle 47



"Second honeymoon? That would be like playing the 1967 Super Bowl over again when you knew how it would come out!"

Palmetto Dunes Resort—Hilton Head, South Carolina, the island's finest resort. 500 furnished one- to four-bedroom villas. Meeting facilities available. Circle 48

Lennox Inn Pensacola. Downtown's only motor inn with Mobile Guide three-star rating. Free airport limo, 157 beautifully decorated rooms. Dramatic lounge, dining room, and pool. Minutes from beaches. Circle 49

Free Florida Beach Resort Guide from Destin/Ft. Walton Beach Central Reservations. See Florida at its best. . .sugar-white sands and sparkling surf on Florida's unspoiled Emerald Coast. Circle 50

Idaho—5-10-20 acres in **northern Idaho**. Trees, meadows, creeks, springs, wildlife. Northwest lake country. Hundreds of choice parcels. Homesites, miniranching, recreation, retirement. Easy terms. Free brochure, maps, and photos. Circle 1

Middleton Inn at Middleton Place, Charleston, South Carolina. Elegant 20th-century inn in a secluded woodland setting. Admission to Middleton Place included. Circle 2

Heritage USA—a 2,300 acre, 21st-century Christian retreat on the North-South Carolina state line. Recreation facilities include a five-acre water park, 19th-century working farm, campground, and 1,100 hotel rooms. Details available; circle 3

New! *Minnesota Explorer*—Free color newspaper with stories about Minnesota's adventure, attractions, and accommodations. "One of a Kind" vacations, beaches, cities, celebrations, and more. Calendar listing over 600 events. It's yours; circle 4

Make **Nebraska** your choice. . .and find a vacationland of varied historical attractions and recreational opportunities. Send for your free color vacation guide. Circle 5

Learn about **Howard Johnson's Road Rally Program.** For a free brochure with detailed information, circle 6

THE SATURDAY EVENING POST READER SERVICE CENTER
APRIL 1987

Please send the information corresponding to the following circled number:

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
16	17	18	19	20	21	22	23	24	25	26	27	28	29	30

TRAVEL DIRECTORY

Please send the information corresponding to the following circled number:

31	32	33	34	35	36	37	38	39	40	41	42	43	44	45
46	47	48	49	50	51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70	71	72	73	74	75

When an offer entails a charge, please enclose a check or money order payable to *The Saturday Evening Post*, P.O. Box 2810, Clinton, IA 52735-2810. Send 50¢ for postage and handling. U.S. currency only.

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

Hurry! This coupon void after June 17, 1987 387

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

enamels, textiles, and 13,000 lead seals. They display the rich and colorful wealth of an extinct Mediterranean society. The exhibit is predominantly religious, and thus most of the pieces were anonymously done.

Dumbarton Oaks is more than a center for excellence in Byzantine studies. It also houses a major collection of pre-Columbian art, 612 items, many of which were formerly displayed in Washington's National Gallery of Art. It now resides in Dumbarton Oaks' eight elegant circular glass pavilions in a building architect Philip Johnson designed, his only public building in Washington. Its transparent and translucent cases allow the objects from the major cultures of Mexico and Central and South America, from their origins up to the Spanish conquest, to be enveloped in a natural wooded environment. The collection, arranged by cultures in geographical and chronological sequence, took Mr. Bliss more than 50 years to form.

Dumbarton Oaks' beautiful inanimate objects within are complemented by the growing beauty of the gardens without. Dumbarton Oaks is open year round, ready to delight and inform.

—Carolyn Hughes Crowley

Home Improvement

continued from page 30

motion detectors, to elaborate central-station command systems that activate sirens or telephone for help in response to "entry" signals.

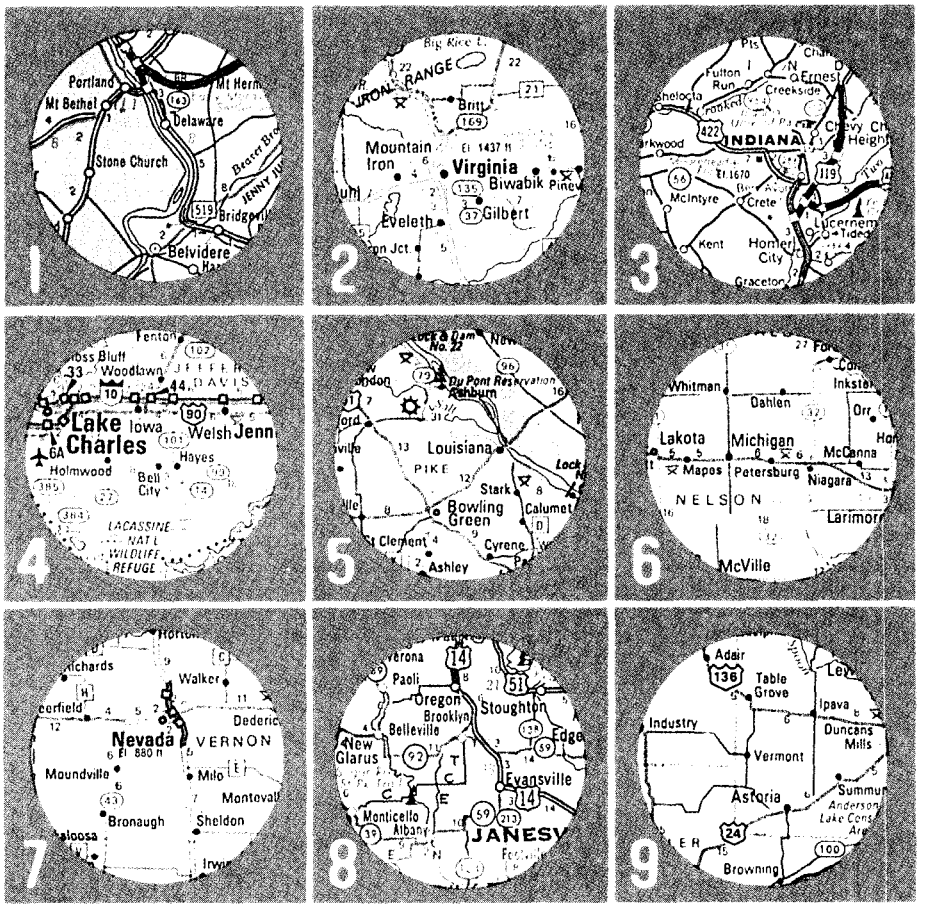
Before going shopping, heed the warnings of security professionals to stay away from "cheap" store-bought or mail-order systems. "The supposed magic boxes you plug into the wall are nothing but junk," says Dick Bugbee, executive vice president of the National Burglary and Fire Alarm Association.

Nevertheless, some do-it-yourself systems do a good job securing the home. The national electronics retailer Radio Shack sells motion detectors for $60 to $100 and command systems for about $230. Black & Decker recently entered the home-security market with a do-it-yourself "professional-type" security system in two sizes. The apartment or starter model sells for $299. A larger, more sophisticated system with more remote-entry sensors costs $499. Black & Decker's region specialist, Fritz Hornbogen, says the company will soon introduce a telephone dialer to enhance the system.

More elaborate central-station alarm systems cost much more. Honeywell, Inc., which provides a complete system, including 24-hour monitoring guards, indicates the price may run from 1 to 2 percent of the market value of your home. You'll also have to pay a monthly fee of $15 to $50 for the service, depending upon who does the monitoring—an answering service or a company staff person.

Debbie O'Mara of *Security Distributing & Marketing* magazine recommends buying from an established rather than from a new company. "A third of them fail within three years," she says.

Just how effective are sophisticated alarm systems? Actually, only rarely do they catch a burglar in the act. However, as a deterrent they are exceptional. A 1983 survey by *Security Distributing & Marketing* found that only 2 percent of houses with alarms had suffered break-ins. The sticker on the window was deterrent enough to send burglars packing to other homes that were easier pickings.



© Rand McNally & Co., R.L. 83-S-53

Where do you think you are?

East or West, North or South, each of the distinctive areas above appears on the map of a single city, state, or province. In terms of routes, state parks, mountains, and memorials, there is, as the saying goes, "no place like it." Can you identify these locations? (Hint: Don't state any excuses for failure.) If you or a friend finds the game too easy (but you won't), use the hint to discover the theme of this month's map game.

(Answers on page 110)

Mommy

continued from page 61

than a quarter of a million pieces of mail were received.

• • •

Those first weeks my father was numb. I doubt he was even aware—or

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

he refused to recognize—the magnitude of what had happened. He concentrated on the mail, the telegrams, the flowers, the news reports, what mother needed at the hospital, and what Tricia and I were eating and whether we were getting enough sleep.

From the very first day he established a ritual for his daily morning visit with mother: he would come into her room very upbeat, kiss her on the cheek, and then say immediately, "Well, let me feel your grip." Mother, who could barely lift her hand from where it lay inert, a heavy weight by her body, each day gritted her teeth and tried determinedly to grasp his fingers, and each day she grew stronger.

Then he would sit in a chair by her bed and read some of the telegrams, letters, and editorials he had selected to bring with him that day. One of the wires he read was from New York City's Taxi Drivers Local Union No. 3036: "You can't keep a good woman down. Best wishes for a speedy and complete recovery. We all love you dearly. Please get well quickly." The Young Democrats of Rock Island County (Illinois) wired, "May the charm and grace you showed us as First Lady return very soon as we take this moment to offer our prayers and best wishes. Our best regards to President Nixon and your family as well."

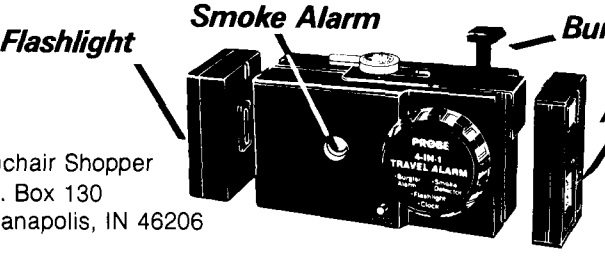
Mother listened to the messages we read her, but most of them washed over her. Even after 15 minutes of visiting, we could tell she was exhausted. But when she was home and she had a chance to reread some of the letters and editorials, I am sure the outpouring of concern from so many she had never met strengthened her in her determination to get well.

It took character to fight back from the physical and emotional devastation of the stroke. Her therapy exercises were her own private battle. She wanted no sympathy and no witnesses to the struggle, not even Tricia and me, until she sensed how desperately we needed to see her progress. So she would do the "steeple" for us—the laborious process of joining the stricken fingers of her left hand with those of her right. At the end, her forehead would be dotted with perspiration. She told us later that another exercise, climbing the three steps in the therapy room, was

continued on following page

4 IN 1 Home & Travel Alarm

One of the most handy, entirely portable, single unit, four-way alarm systems ever designed, the PROBE 4-in-1. Utilizing commercial grade smoke detection componentry found in standard ionization smoke alarms and coupled with a burglar alarm, safety light and alarm clock for travel convenience, the PROBE 4-in-1 ALARM provides portable protection.



Armchair Shopper
P.O. Box 130
Indianapolis, IN 46206

UL LISTED

Send _____ 4 in 1 Home and Travel Alarm at $29.95 each, plus $3.00 for postage and handling. (Please allow 3-4 weeks for delivery.)

☐ Check enclosed ☐ VISA ☐ MasterCard

Card No. _____ Exp. Date _____

Signature _____

Name _____

Address _____

City _____ State _____ Zip _____

Indiana residents add 5% sales tax.

7C

From Battlefield to Bedside

During the Civil War, Clara Barton spent her time carrying supplies to soldiers and nursing wounded men on the battlefields. This first-hand experience led her to the founding of the American Red Cross in 1881.

While ladies like Clara Barton were serving the health needs on both continents, LUYTIES PHARMACAL CO. had been in business several years, supplying safe and effective medicine to relieve pain and suffering. KALI PHOS was one of these remedies. KALI PHOS is a true nerve tonic especially recommended for nervous people. A great remedy for all forms of nerve debility and symptoms arising from want of nerve power, KALI PHOS is a lactose-based, safe, and effective homoeopathic tablet manufactured by LUYTIES in accordance with the Homoeopathic Pharmacopoeia to ensure "purity, quality, and accuracy."

Today the Red Cross still serves the needs of many. Likewise, LUYTIES homoeopathic remedies are still being manufactured of the same quality and safety to meet today's standards. Look for LUYTIES products at better health and nutrition centers, or order from:

LUYTIES PHARMACAL CO., P.O. Box 8080, St. Louis, MO U.S.A. 63156
1-800-325-8080

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

"the hardest thing I have ever done, physically."

At her own request, she saw few visitors. Jack and Helene Drown came, as did their daughter Maureen. One morning mother asked me if Bill Hudson was on duty, and he stopped by the room for a few minutes. Her brother Tom Ryan came; Tom's visit, which Tricia and I had surprised mother with, was difficult for her because it meant so much. When he walked in, the first words that he spoke in his slow, soft voice were, "Hi, Babe." Throughout the short visit, he stood at the foot of the bed and from time to time reassuringly squeezed his sister's toes beneath the bed sheet. Neither said much, and mother's emotions were very close to the surface.

Through sheer grit, she made rapid progress during her two-week hospitalization. She pushed herself. On July 13, only six days after the stroke, my father arranged an All-Star baseball game picnic in order to watch the American League battle the National League in their annual encounter. Diane Sawyer and Frank Gannon, the latter my father's chief assistant on his *Memoirs*, prepared a hollowed-out watermelon filled with my mother's favorite fruits to go with the fried chicken we brought from home. The television was set up in the therapy room, and mother, leaning heavily on my father, walked unsteadily and slowly the few feet from her room in order to join us. By the time she reached her chair, she was panting. But she sat there, fatigue on her face, her neck slack—and as proud as she could be that she had made it to the All-Star party.

Jack Drown, who had joined us for the party, David, and my father were yelling uninhibitedly when Dr. Lungren came into the room on his evening rounds. He was not happy with the signt of his patient at the All-Star picnic, but he grinned as he said, "This is insanity. I can't believe this. When are you going to get back into bed?" Mother was all smiles.

After mother's release from the hospital, in some ways the months recuperating at home were harder than the two weeks at Long Beach. The stroke had been a blow, one that neither she nor any of us could quite believe. Only seven months before, at Christmastime, her blood pressure had been normal when it was taken during one of my father's daily checks. Since Bebe Rebozo, who had a history of high blood pressure, was visiting, my father had teasingly suggested a contest between him and mother, knowing that Bebe would lose. He did lose that morning, since mother's blood pressure had registered a normal 140 over 82.

Yet sometime during the succeeding months, her blood pressure skyrocketed. Few human beings could have withstood almost two years of harassment, culminating in the publication of *The Final Days*, which my father would publicly pinpoint as the precipitator of the stroke. Mother's doctors, in response to reporters' questions about the possible causes of the stroke, had stated stress could well have been a contributing factor. Too, there was much truth in what David told an interviewer in 1973: "I. . .worry about her because she never lets any of us know what troubles her. She is a shoulder to everyone—but whose shoulder does she lean on?"

"All right, all right—so it takes me a while to decide what I want!"

Talking

continued from page 65

know. When the action slows, you must be prepared to call on the history of the game, the weather, and the strategy. That's why I so admire Vin Scully; he's the poet laureate of baseball."

Scully, whose achievements as a baseball broadcaster include a special membership in the Baseball Hall of Fame, has been the voice of the Dodgers since 1950. He also calls the play-by-play for NBC when it covers All-Star games, World Series, and championship play-offs, as well as pro-golf tournaments.

Ronald Reagan, a former radio sportscaster, is a devoted Scully supporter. In 1983, President Reagan said, "Scully is about as good as you can be. He's easy to listen to, keeps you informed, is smooth, honest, and knowledgeable."

Another announcer with a smooth, low-key delivery is Summerall, equally at ease working with such analysts as Madden in football, Tony Trabert in tennis, or Ken Venturi in golf.

Summerall says, "Pro golf is the most scenic sport, especially tournaments like the Masters at Augusta and the Doral at Miami's famous Blue Monster course. Golf also is the most difficult sport to broadcast because there isn't a lot of dramatic action."

Although Summerall is heralded by the broadcasting fraternity as an exceptional talent, he doesn't receive enough recognition, says Frank Gifford of the rival ABC network: "The analyst always gets the major attention. This is Summerall's 25th anniversary at CBS, but all they talk about is Madden."

A third major figure at CBS, Brent Musburger, has been hailed by his network as "The Man for All Seasons" because he's seemingly everywhere—at the NCAA basketball finals in a different city each year, the Masters in Augusta, the Belmont Stakes in New York, the National Football League play-offs and Super Bowl, college football's "Game of the Week"—and the list goes on.

However, the strain has sometimes caused this 47-year-old perfectionist to explode, as in his well-publicized fight with Jimmy "The Greek" Snyder. Conversely, Musburger laughed when Shelley Long called

continued on following page

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

THE SATURDAY EVENING POST

The Choir Boys

From the cover of *The Saturday Evening Post* and the workshops of Italy comes this limited-edition figurine in fine porcelain.

Throughout the 1930s and 40s, Frances Tipton Hunter delighted *Saturday Evening Post* readers with her illustrations of children caught in familiar circumstances—usually full of mischief. No illustration was more beloved than her December 10, 1938, cover of *The Choir Boys*, a portrait of five little imps whose saintly attire and angelic faces are betrayed by evidence of a recent difference of opinion.

Italian Craftsmanship

Forty years later, in a workshop in the shadow of the Leaning Tower of Pisa, Italian artist Giuseppe Armani recreated Hunter's choirboys in an exquisitely crafted sculpture that captures the mischievous spirit of these instant, if temporary, angels. Armani's apprenticeship under the masters of his craft, his long years of work perfecting his style, and his special love for children shine through brilliantly in this precious sculpture.

Hand Painted in Fine Porcelain

From Armani's original only 5,000 reproductions have been made. Each fine-porcelain figurine is hand painted in extraordinary detail, from the tops of the boys' bruised heads to the tips of their bandaged fingers and the bottoms of their buttoned robes. *The Choir Boys* stands 11¾" tall and comes mounted on a beautiful 6¼" x 6¼" wood base bearing the personal number of this limited-edition work of art.

A Timeless Treasure Available Now

These heavenly rascals made a return visit to the *Post* when Armani's figurine was featured on the cover of the December 1986 issue. Why not invite *The Choir Boys* into your home permanently? This piece is now available for $325, including postage and handling. What better heirloom to pass on to the little angels in your family?

Mail to:
The Armchair Shopper
P.O. Box 130
Indianapolis, IN 46206

The Choir Boys

Please accept my order for *The Choir Boys* figurine, one of 5,000 numbered, limited-edition copies of the original sculpture by Giuseppe Armani of Italy. Each fine-porcelain, hand-painted figurine, mounted on a beautiful wood base, is priced at $325, including shipping and handling.

☐ Check enclosed ☐ VISA ☐ MasterCard

Card number _____ Exp. date _____

Signature _____

Name _____
PLEASE PRINT CLEARLY

Address _____

City _____

State _____ Zip _____

Total number ordered @ $325 each _____ Amount enclosed _____

Allow 4 weeks for delivery 7C

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

him "Bert Fusburger" in a "Cheers" skit on a pregame show for the 1986 World Series.

Before striking it rich as TV's highest-paid sportscaster ($1.8 million annual salary), Musburger had worked as an umpire in the Class D Midwest League and then traveled the country as a sports columnist for the now-defunct *Chicago American*.

ABC's new sportscasting superstar is Brooklyn-born Al Michaels, who does the play-by-play for "Monday Night Football," major-league baseball, and the championship baseball play-offs. Michaels vaulted to national prominence in 1980 when he called all the games of the victorious U.S. hockey team at the Winter Olympics.

What's Michaels' reaction to having such "Monday Night Football" predecessors as Howard Cosell, Don Meredith, O.J. Simpson, and Joe Namath?

Michaels says, "I don't want to sound jaded, but 'Monday Night Football' has been no more pressure than the other things I've done in prime-time television: four World Series, four All-Star games, seven baseball play-offs, and four Olympics. And working with Frank [Gifford] has been great because he's a pro."

Incidentally, for any budding sportscasters out there, Michaels' first job after graduating from Arizona State in 1966 was selecting the contestants for "The Dating Game."

It's obvious the network sportscasting scene is thoroughly dominated by men. How come, and is that likely to change?

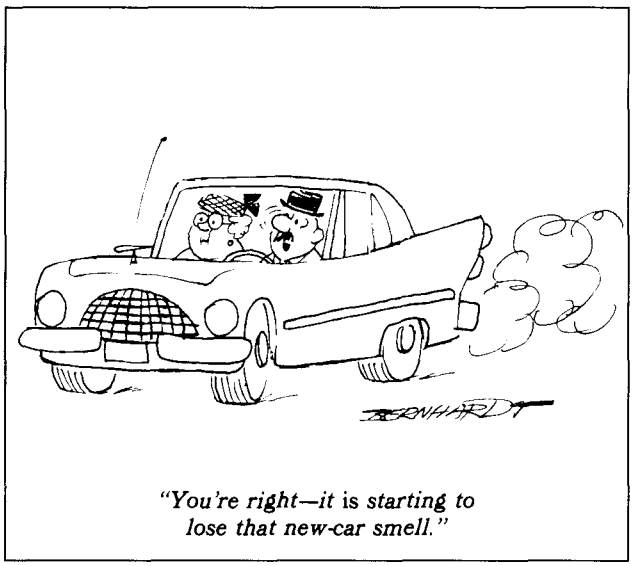
Summerall says, "I don't see the day coming when a woman will work as a play-by-play announcer or an analyst in the major professional sports like football, baseball, basketball, and hockey. [But] of course, women already are working as analysts in tennis, golf, and the Olympic Games. And I see more women announcers getting into those sports, especially when women competitors are involved."

TV sportscasting is the new dream of the Olympic gymnastics heroine Mary Lou Retton, who announced her retirement from the sport last October. She is majoring in broadcasting at the University of Texas. It's expected she'll be NBC's gymnastics analyst at the 1988 Olympics in Seoul, South Korea.

Whether they've been in the business 5 or 35 years, today's million-dollar sportscasters still get as excited as the neophyte Retton when they step before the microphone.

Summerall says, "I get butterflies every week. It's still not routine for me, even after 25 years. There's still that great feeling of excitement when the director says: 'Well, here we go.' "

Reprinted from Delta Air Lines' SKY magazine, Halsey Publishing Company © 1987.



"You're right—it is starting to lose that new-car smell."

Flour Power

continued from page 49

we wanted an authentic and romantic setting with everything true to form, but there was a method and a purpose to the whole system. It all had to work toward turning out the finished product we wanted."

Although the Evanses had a lot to learn about the new venture, they were quick to locate a network of willing teachers ready to share their knowledge. Farmers suggested millers, and millers offered names of Amish craftsmen expert in duplicating exquisite but functional buildings typical of another era. The construction of the Evans Family Mill began in October 1982, much to the pleasure of locals, who watched the project from picnic blankets spread on swelling pastures around the site. No plans were necessary; the workmen merely consulted an artist's sketch from time to time and continued to hand-chisel 16"x16" giant support beams and to secure mortise joints and knee braces with hand-carved wooden pegs. When they were done nine months later, the three-story, white-oak structure with the shake-shingle roof looked comfortably a part of the stark, rural skyline.

But, as Steve insists, the aesthetics of the mill were secondary. This was to be the operational hub of the new family business, and that requirement called for a special mix of old and new equipment—electric motors that would maintain a speed comparable to the old water-powered mills, and rare millstones that predated the American Revolution. The modern machinery was easily obtained. But the historic stones?

"We heard about an elderly man in Connecticut who had recently closed his mill and had simply locked the door behind him," Robbin recalls. "He owned six sets of rare old French burr millstones, each weighing about 3,400 pounds. He wouldn't sell them to anyone who wanted them for landscape decorations or for a museum. He wanted his stones to be used to grind grain." Jewell and her children flew to Connecticut and spent a day with the old miller. He approved of their dream to launch an authentic milling business and agreed to let his beloved stones be the heart of it. The deal was closed.

"The stones were a real find, sort of the foundation of the whole operation," Steve says. "They're set in their original, polished, wooden tongue-and-groove hoop enclosure. We refinished all the woodwork—mostly maple—and steam cleaned everything. So far, everything has worked well, knock on wood. . .and we've got plenty of that."

The amount of business determines how many stones are grinding at any given time. Many old mills were built around one or two sets of stones; the Evanses' operation has six, with room to grow to nine. Grain is processed only after an order is received, and Jewell asks for seven days to fulfill a customer request. In order to accommodate a quick turnout, the

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

mill's staff of three often works into the evening. The setting is cool (in keeping with tradition, the mill is unheated), incredibly clean, and comfortable. Depending on the day and the volume of orders stacked on the antique miller's desk, the stones may be grinding whole-wheat flour, corn meal, or pancake flour. Fred Vollborn, manager of the farm, oversees the equipment, and Jewell is a frequent visitor. Without trying, she creates a we're-all-in-this-together mood and doesn't hesitate to doff her preppy blue blazer and help package the products that bear her name and picture. Members of her "team" not only have a hand in the milling of the grains, but they're often asked up to the Evanses' rambling colonial house for an impromptu taste-off as well.

"What I really need are some more testers," Jewell says. "Every once in a while I'll invite everyone in and say, 'O.K., tonight we're trying cornsticks, or whole-wheat biscuits, or bran muffins.' I need people who can really be objective, because Bob says anything I cook tastes good." She rolls her eyes in a *you-know-how-husbands-are* gesture but then becomes thoughtful. "I don't think of myself as a very creative or artistic person, but if someone said, 'Create!' I'd go straight to the kitchen, because that's the place I feel I can do the most good. It comes from my childhood in North Carolina. My mother was a good cook; everything was made from scratch," she says.

She realizes, however, that scratch cooking went out of style with icehouses and rug beaters. Ever resourceful, she offers several quick fixes. First, she emphasizes that her hearty 10-Grain Cereal can be prepared a day or two in advance and then warmed in the microwave. She also points out that her five varieties of pancake mix require only water. For would-be customers who balk at baking, the fledgling family business has diversified to include a deli bakery in Worthington, Ohio, and a larger outlet under construction in Columbus, Ohio. Supervising this newest offshoot of his mother's mill is her oldest son, Stanley, who divides his time between baking and filling mail orders. Requests come in regularly from both coasts, and the product line is expanding as quickly as the customer ranks. Choices range from honey-raisin to sprouted-wheat bread and apple coffee cake to pizza rolls.

"We've been told by professionals you can't make money selling bread products, but we think we can," Stan says. "We think people will come here and buy our bread."

Jewell claims the proof is in the mailbox.

"People write me from New York, Arizona, and Montana, asking for a case of cereal at a time," she says. "We actually have one customer in Pennsylvania who gives our products as wedding gifts! Of course, every once in a while I'll hear from somebody who has eaten our pancakes and thinks they're too wheaty. But I say that we're all different, and that person may have his taste buds geared to quick, plastic kinds of foods."

She isn't bothered by the seeming clash in food philosophies of her husband's former business and her current one. "Bob and I have been active in the food and farming business for more than 40 years, and we've always believed that learning more about quality and nutrition is the responsibility of everyone involved in the food industry. We've learned, too, that it is an ever-changing process. We think it's important to share our knowledge and to give the American public a choice to eat better, to be healthier," she explains.

But volume may be curbed somewhat by the quality standards the family demands. "Everything we do is painstaking," Robbin says. Jewell won't bend, though, and although this may slow business, it's also the reason business continues to grow.

Steve explains it in try-us-you'll-like-us terms: "Once we getcha, you've been got."

Know Your Dog

continued from page 28

medication, is usually prescribed for the underlying fungal infection. Treatment for this type of case takes a very long time, and it is quite expensive; you may have to face the possibility that Andy will never be completely cured. My only suggestion is that you consult a veterinary dermatologist at the Veterinary Teaching Hospital at the University of Georgia at Athens, Georgia.

H.E.W.

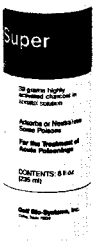
Send your questions for the vet to: Vets on Pets, *The Saturday Evening Post*, 1100 Waterway Blvd., Indianapolis, IN 46202. Because of the volume of response, the editors regret we cannot reply personally to all letters.

Children Act Fast, So Do Poisons!

Almost 5 million Americans each year are exposed to an accidental poisoning. Over 90% of these incidents occur at home and 64% involve children 5 years of age and younger. Young children are careless, but as a responsible parent, you can't afford to be.

Parents and grandparents with small children around the house need new highly activated **SuperChar™ Liquid.** Taken orally, **SuperChar™** rapidly adsorbs many accidentally ingested poisons naturally, before they become life threatening. Administered at home soon after a poison exposure, it can save valuable time.

SuperChar™ Liquid is documented in the medical literature to have double to triple the adsorptive capacity of other charcoal adsorbents. Hospital emergency rooms have used charcoal adsorbent for years to treat accidental poisoning and drug overdose since it can adsorb many times its weight in contaminants quickly and safely. (Always call your poison control center or healthcare professional for advice upon first suspicion of a poison exposure and before administering any medication.) Order **SuperChar™ Liquid** for your medicine cabinet today. It could save your child's life.



GULF BIO-SYSTEMS, INC.
5310 Harvest Hill Road
Dallas, Texas 75230

_____ VISA _____ MASTERCARD

Yes, I would like _____ bottles of SuperChar *Liquid* highly activated charcoal. Enclosed is my check or money order for $8.95 for each bottle which I understand covers postage and handling. Or charge to:

CARD NO. _____ EXP. DATE _____

SIGNATURE _____

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

IMMEDIATE DELIVERY

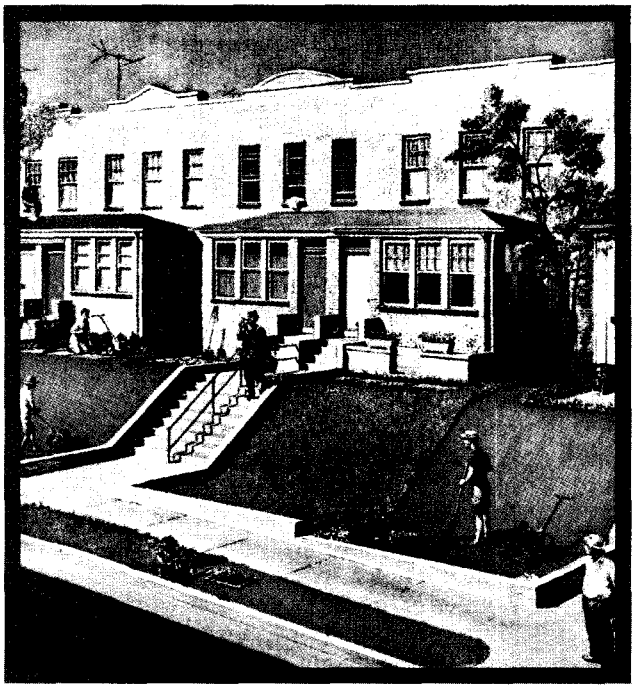
PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

SHORTCUTS TO A HEALTHY LAWN

Shape up your yard this year by applying these rules of (green) thumb.

by Dr. Ellen Henke

In the United States today, there are more than 53 million home lawns, amounting to more than 25 million acres. The lawn is often the single most important feature, and concern, in the home landscape. The front lawn is a statement to the rest of the world about the owner's personality and lifestyle. The backyard frequently is a special area for sports, exercise, and other social activities. A lush, green lawn is "all-American," and today it is easier than ever to have if you follow just a few rules of (green) thumb.



A man's expertise on the putting green makes few points with the neighbors who devote their free time to improving the green on their front and back lawns.

• In the early spring, give your lawn a good "massage" (a gentle but thorough raking) to wake it up and get the circulation going. This lets the sun penetrate and warm the soil. Before raking, clear away the debris of winter (sticks, stones, leaves, etc.).

• Don't walk on a wet, soggy lawn; you will compact the soil, and the roots won't be able to penetrate it and grow well. If you are impatient, use this time to tune up your lawn mower and sharpen the blade.

• Fertilize the lawn just before and during its most active growth time. If you grow such cool-climate grasses as Kentucky bluegrass, perennial ryegrass, or fine fescue, the best time to fertilize is in early spring and again in late fall. If you grow such warm-climate grasses as Bermuda or St. Augustine, fertilize in early spring and throughout the summer. The number of times you fertilize will probably depend on your budget.

• If you want to give your lawn an instant boost for a fast green-up and beautiful look in the spring or for a special event in your garden, try one of the new premixed, premeasured liquid fertilizers. Just attach the bottle to the end of a hose, turn on the hose and the bottle, and feed your lawn. The food, taken in through the grass blade, is instantly available to the plant. These products represent the latest technology in lawn care. Many formulas are available; a good one for a fast green-up in the spring is 20-3-3. Check the label and be sure it contains micronutrients.

• The ultimate lawn-care program for the home gardener would combine a granular feeding with the liquid boost feedings. Generally, granular fertilizers dissolve slowly in the soil and are available to the plant over a long time. In cool climates the best time for granular feeding is late in the fall; in warm climates the best time is early spring.

• Mowing is simply another form of pruning! Every time you cut a plant you encourage growth, so mowing encourages a good, green lawn, free of weeds. Observe the one-third rule and you can't fail. Simply mow often enough to clip only one-third of the grass blade. For example, if your grass is best maintained at two inches, then let it grow to three inches and mow off one inch at each mowing. There's a good reason for this rule: removing more than one-third of the grass blade can result in an ineffective root system. In fact, most grass roots grow about as deep as the blade grows high. If you shear your grass too short, your root system will be very weak, shallow, and difficult to maintain. The essence of a good lawn is a good root system; even if you can't see it, it's doing its duty. Help it along!

• Monitor the watering by putting a few empty containers around your lawn. When the water in the containers reaches the one-inch mark, your lawn has probably been sufficiently watered.

• In a drought year, you will have to make the decision to either let your grass go dry and dormant or to keep to a regular and adequate watering schedule. A properly fertilized lawn can survive a dry period. Problems occur in a lawn when a little water is given once in a while. This results in cycles of growth and dormancy, which exhaust and deplete your lawn.

• Make weeding your lawn more efficient by using liquid products that contain both weed control and nutrients. The weed control will arrest the weeds, and the nutrients will cause the good grass in the lawn to grow and fill in the areas once occupied by weeds. A 15-0-0 weed and feed formula will give excellent results.

• The optimum time to use liquid weed and feed products is when the weeds are actively growing, when daytime temperatures are between 60° and 83° F., and when it is calm, rather than windy. Liquid controls are efficient and effective because they are absorbed directly into the plant through the leaf. There is very

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

little time lost with a liquid product.

• Generally, lawn insecticides should be applied in April and again in mid July or August. Identify problems and apply controls if needed.

• Annual weeds, such as crab grass, should be treated with appropriate controls just before germination. In cool climates this is in early to mid spring; in warmer climates this can be any time from late autumn to early spring, depending on the weeds that need to be controlled.

• For best results when choosing chemicals for your lawn-care program, check with your local agricultural extension agent or a reputable nursery for appropriate timing in your region. Read the label thoroughly and follow its instructions exactly.

• A special tip for 1987 is to mulch around trees in the lawn area. Recent research has shown that lawns inhibit the growth of trees. In addition, damage from lawn mowers' banging into the bark can slow tree growth and sometimes even destroy precious trees.

• The big controversy in lawn care is whether to catch the grass clippings. In my opinion, it is all a matter of lifestyle and personality. If you want a pristine and perfect lawn, get a lawn mower with a bag attachment. These clippings are an excellent addition to the compost heap, provided they have not been treated with a herbicide in the previous six months. If your approach is a little more casual, you can leave the clippings behind (if they are not too long). They will provide your lawn with continued nourishment, for they are rich in nitrogen if you have been fertilizing regularly.

• To dethatch or not—that is the question. If you walk on your lawn and it feels spongy, it is probably time to dethatch. Thatch is a layer of dead roots and stems (not clippings). If you pull up a piece of the lawn and a soft, spongy layer resembling compressed peat is between the blade of grass and the roots, you have thatch. If this layer is over a half-inch thick, it must be removed; it will prevent water and fertilizer from reaching the soil, and the lawn will soon be depleted of nourishment. Purchase or rent a dethatching machine in the fall. (The lawn will look a bit rumpled after this process, so be aware that if you dethatch in the spring you will have to live with a disheveled-looking lawn until it recuperates.) Northern homeowners usually don't have to dethatch more than once every three or four years; Southern homeowners must dethatch more often.

• Spring is the best time to play "catch up." If you have neglected your lawn in recent seasons, all is not lost. Plants are resilient, and they do tolerate considerable neglect, to the great joy of most of us. Lawns, in particular, are especially adaptable. Make this spring a new beginning for you and your lawn. Get out there and have a little fun and exercise! Green up the lawn and keep it green with these simple yet effective tips. If you simply mow and fertilize, you will be delighted with the results.

Golden Gate Cioppino

from page 4

Makes 6 servings

½ cup olive oil
½ cup finely chopped onion
2 teaspoons finely chopped garlic
1 package Golden Dipt Manhattan Clam Chowder Mix
½ cup water
2 cans (8 oz.) tomato sauce
1 cup dry white or red wine
1 lemon, thinly sliced
2 teaspoons salt
¼ teaspoon pepper
1½ pounds firm, white fish fillets, chunked
½ pound peeled and deveined shrimp
1 pound raw lobster tail medallions (cross cuts through tail shell between joints)
12 littleneck or cherrystone clams, scrubbed, in shells
12 mussels, scrubbed, in shells
½ cup chopped, fresh parsley for garnish
Crusty sourdough bread

In Dutch oven, heat oil. Sauté onion and garlic. Add dry Golden Dipt Manhattan Clam Chowder Mix and water; cook 2 minutes. Add tomato sauce, wine, lemon, salt, and pepper; simmer 20-30 minutes. Add in order fish, shrimp, lobster, clams, and mussels. Simmer 5-8 minutes until shells pop open. Discard any shells that do not open. Sprinkle with parsley. Serve in deep soup bowls with sourdough bread.

European Featherbed

Our European Featherbed is just like a giant body pillow. Place it on top of your mattress or waterbed, or on the floor and enjoy its natural warmth and body-cushioning comfort. It conforms to your body contours and cushions pressure points, such as hips, shoulders and knees. The Featherbed is filled with a blend of hand selected white goose and duck feathers. Its specially constructed feather- and down-proof shell is a soft 100% cotton fabric.

The European Featherbed provides a layer of gentle softness between you and the mattress. It's perfect for many uses. Our Featherbed Cover of 100% cotton keeps the Featherbed clean. Easily removed for machine washing.

If you're not completely satisfied with the European Featherbed, for any reason, call our toll free number and we'll send a UPS truck to your home — **at our expense** — to pick it up, and send you a refund (in full) or exchange. **Fast Delivery:** We ship within 24 to 48 hours.

TO ORDER OR TO REQUEST A FREE CATALOG CALL TOLL FREE
1-800-356-9367, Ext. X577,
or use our coupon (call 7 days a week).

FREE CATALOG
• 26 Down Comforter Styles
• Down Pillows
• Down Outerwear
• 100% Merino Wool Mattress Pads

The Company Store®

EUROPEAN FEATHERBED Style #C502
☐Twin (39" x 75") $39 ☐King (76" x 80") $69
☐Full (54" x 75") $49 ☐Calif. King (72" x 84") $79
☐Queen (60" x 80") $59 Color: White

FEATHERBED COVER Style #O603
☐Twin $19 ☐Full $29 ☐Queen $39
☐King $49 ☐Calif. King $59 Color: White

TO ORDER CALL TOLL FREE
1-800-356-9367, Ext. X577.
Use your credit card. OR ORDER BY MAIL:
☐M.C. ☐VISA ☐Am.Exp. ☐Diners Club ☐Check
Acct.#_____ Exp.Dt._____
STYLE # _____
QTY. _____ x PRICE $_____ =$_____
STYLE # _____
QTY. _____ x PRICE $_____ =$_____
Delivery in MN-6% Tax, IL-5% Tax =$_____
Ship., Hdlg., & Ins. Featherbed- $10 =$_____
Ship., Hdlg., & Ins. Featherbed Cover-$2.50 =$_____
*Federal Express Service =$_____
TOTAL =$_____
For delivery in WI-5% Tax =$_____
Total for delivery in WI =$_____
*☐We ship UPS ground service unless you request otherwise here. Federal Express Service add $8.50.
Name _____
Address _____
City, State, Zip _____
Send to: The Company Store, Dept. X577, 500 Company Store Road, La Crosse, WI 54601.

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

MEDICAL MAILBOX

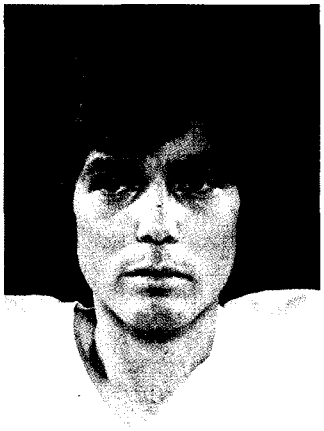
by Cory SerVaas M.D.

To surgeons: "Think what a precious thing you work upon. It is the temple of God, his own image, the most precious creature that ever God made."—*Guy de Chauliac (1300-1368)*

People Helping People

Dear Dr. SerVaas:

I want to send you these pictures and follow up the letter on Mark's liver transplant (*SatEvePost,* Nov. '86). Everyone I show these pictures to can't believe this is the same young man, but it is. Notice how dark his hair is in the picture before the transplant—a doctor told me that was the bile backing up in his hair. The bile in his blood prior to surgery was 37.5.



Mark Davis, before and after his liver transplant. His grateful mother wants to help others. She can be reached at (209) 665-4419 between noon and 9 p.m. Pacific time.

It has been 8½ months since Mark's liver transplant at the Mayo Clinic in Rochester, Minnesota, and Mark is doing wonderfully. He has gained all the weight he lost during the 4 years of being sick, and today he returned to graduate school to complete the last 1½ years of dental school.

During the months since the transplant, Mark's quality of life has been excellent. When I first heard of liver transplant about 18 months ago, I was under the impression the patient's quality of life would never be very good, but that is the farthest thing from the truth. Mark has done so many things this year since the transplant, from riding the jet skis and riding his racer bike several miles almost every day, to visiting the world's fair in Canada. He has never had any problems with rejection and feels stronger than he has in years.

We are so grateful to the liver-transplant team at the Mayo Clinic headed by Dr. Ruud Krom and to all the nurses who take such special care of each patient.

But we must realize that none of this is possible without the donor organs. Mark would not be here today if someone, someplace, had not been willing to donate a loved one's organs. It is such a terrible thing for a young person to meet an untimely death, but it is even a greater loss when those organs could be used to save another person's life and they are not. Mark's new liver has given him the "precious gift of life," and I wish I had some way to tell all people: if you are ever faced with the loss of a loved one, you too can give this "precious gift of life."

Priscilla Davis
Chowchilla, California

"Ah, yes—Benson, party of two, nonsmoking, high-fiber, low-sodium section."

In times of sorrow, many doctors are reluctant to bring up the subject of organ donation. They will appreciate your volunteering that you wish your loved one's organs to be used.

People helping people: after her liver transplant, Charlotte Harkness urged us to publish her phone number (317-271-8296). When Mark's mother called, Charlotte's encouragement helped to save Mark's life.

AIDS and Jacuzzis

Dear Dr. SerVaas:

My kids like to frolic in hotel Jacuzzis. Is there any danger of their getting AIDS?

Marlene Smith
San Francisco, California

Dr. Arie J. Zuckerman,

continued on following page

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

APRIL ON THE 700 CLUB'S LIFECARE DIGEST

Cold To The Core

Hypothermia can stop you cold all year round. Even after a warm weather workout, the body's internal temperature may plunge. The method of rewarming is all-important.

Cancer "Off" Switch

A cancer cure hasn't been discovered yet, but there may be a way to turn off its growth. Oncogene research is leading scientists toward an area of the chromosomes that might contain the cancer "off" switch.

Happy Health

If you're happy, chances are your body's healthy. Your emotional and physical well being are closely associated and a positive outlook has actually relieved certain illnesses.

Special Visitors Allowed

Volunteers are always welcome guests at hospitals. Find out how the "Special Visitors" program at one hospital proved rewarding for a 15-year-old girl and her special friend.

The 700 Club

TV JOURNALISM WITH A DIFFERENT SPIRIT

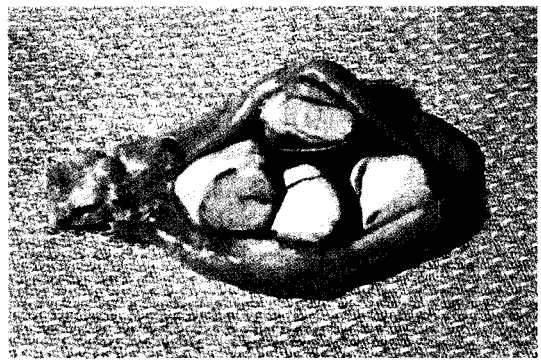
Check your local listings for time and station

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

chairman of microbiology of London's School of Hygiene and Tropical Medicine, has published a report summarizing an answer to your question as follows:

"Spread of AIDS by water in properly maintained pools is exceedingly unlikely. But it may be prudent for individuals with open cuts, fresh abrasions, and other open skin lesions to avoid recreational bathing since it is conceivable that the virus might enter through an open lesion."

Because the mucous membranes of the mouth provide the virus easier access to the body than does the skin, your youngsters should be cautioned not to swallow the water when frolicking.

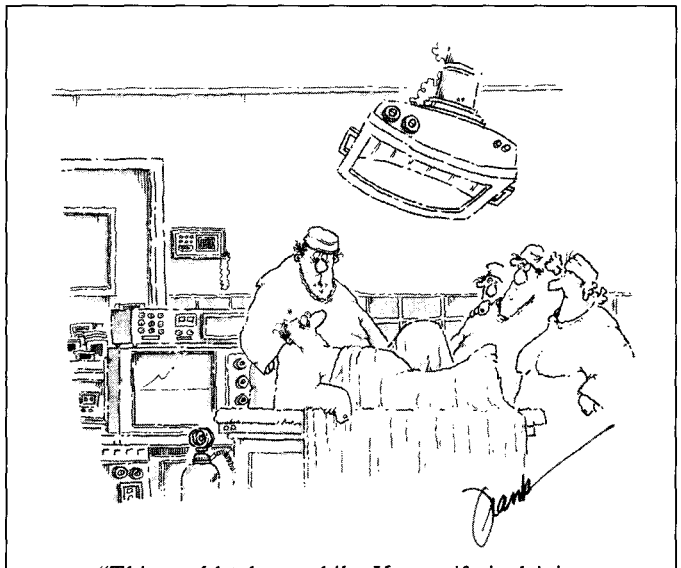


This gall bladder was removed because the four typical mixed-cholesterol gallstones had caused pain periodically. New lithotripsy equipment with ultrasound shock waves is making it possible to pulverize many stones nonsurgically without harming the gall bladder. The German equipment will begin arriving in six U.S. hospitals within four to five months.

Gallstone Lithotripsy

The good news today is that gallstone sufferers can look forward to having their gallstones crushed by sound-wave lithotripsy equipment and avoid the necessity of surgery. The high-energy ultrasound shock waves disintegrate the gallstones without damaging the tissue around the stone. If the ultrasound stone crushing can alleviate even a percentage of the half-million gallstone surgeries each year in the United States, it will be a God-send for many sufferers of biliary colic, which is how doctors describe gallstone pain. As the word leaks out about the impending gallstone "zapper," women are calling already for some reasons of their own. Some young women want it because they don't want the surgery scar on their torsos. We like it because it won't require a general anesthetic.

The last gallstone patient I interviewed came to the hospital with a gallstone attack the morning after a big family feast in which she had fried chicken and barbecued ribs all day for her children and grandchildren. "It was so good," she told us happily, recounting the event. Alas, if she had eaten tuna casserole, she probably wouldn't have been in for surgery. Fat in the diet stimulates contraction of the gall bladder, which can cause pain if stones are present. This wasn't her first gallstone attack, and her doctor recommended surgery. This jolly patient fit the cliché doctors use to describe the classic gallstone patient—"fair, fat, fertile, forty, female, and flatulent."



"This could take a while. Your wife is driving around comparing hospital rates."

Spare the Knife

Well, if you occasionally suffer from gallstone pain, don't hurry off to have your gall bladder removed, because starting in late summer or early fall, you may have a very safe and preferable alternative. Six centers in the United States will receive equipment from Germany, where already more than 200 nonsurgical gallstone removals have taken place safely with good results.

The gastroenterologist who pioneered the gallstone removal is Dr. Tilman Sauerbruch, of Munich, whose father and grandfather were esteemed surgeons in Germany. One of the two hospitals in Germany currently doing gallstone lithotripsy bears their family name.

The first six medical centers to receive the gallstone equipment will be Emory University in Atlanta, Methodist Hospital in Indianapolis, University of Iowa in Iowa City, Northwestern Memorial in Chicago, Massachusetts General in Boston, and Cedars-Sinai in Los Angeles. Humana Hospitals and Hospital Corporation of America will also be getting the equipment as soon as possible. Eighty other hospitals are waiting in line. The FDA, which has approved the first six centers, is expected to approve the equipment for mass distribution in the United States rather promptly.

To give you an idea of the effectiveness of lithotripsy, more than 260,000 people world-wide have already had their painful kidney stones obliterated safely with it, and they thus have avoided the agonies of recovering from painful, major surgery. Dornier Medical Systems, which is owned by Mercedes-Benz in Germany, gets a great deal of the credit for launching the kidney-stone equipment worldwide after it was described as a modern medical miracle by our Secretary of Health and Human Services. They even have mobile units going from hospital to hospital doing lithotripsy on kidney stones.

One hospital in Germany where *gallstone* lithotripsy is now being performed is the Klinikum Grosshadern, where we first visited Dr. Christian Chaussy in 1981. At that time, Dr. Chaussy was doing his 13th surgery-free kidney-stone removal. The device is ingenious. Equally remarkable is the speed with which the equipment has become available world-wide to treat 260,000 patients.

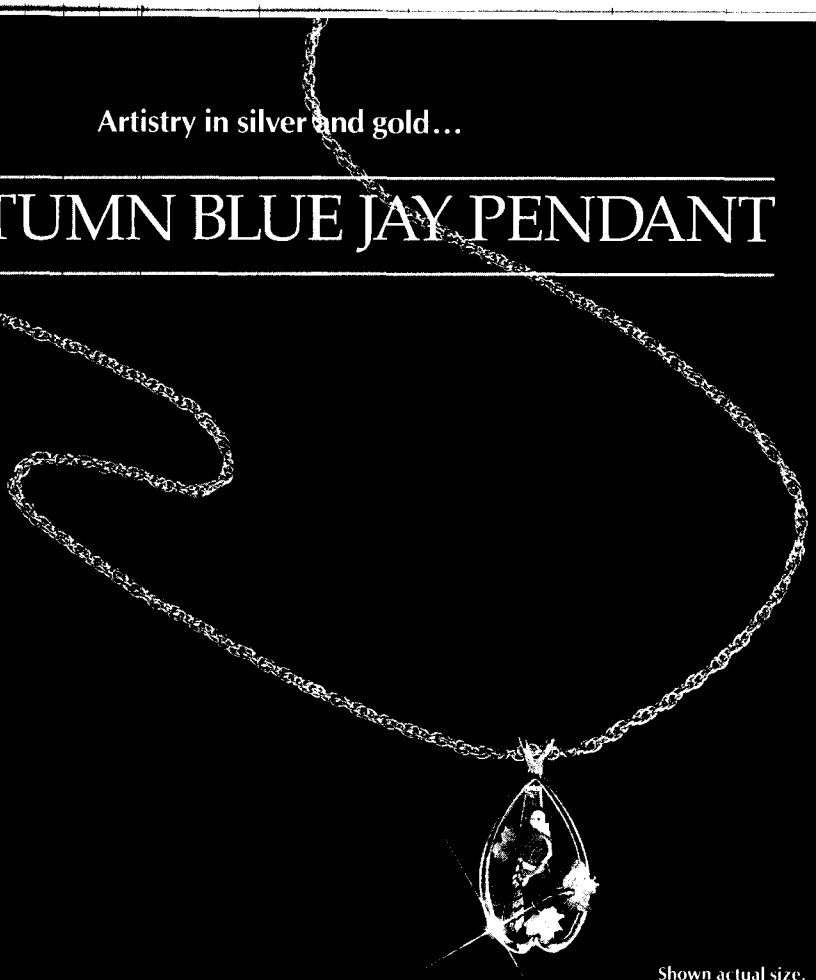
If you have intermittent biliary colic, commonly called "gallstone attacks," avoid at all costs eating fatty foods such as fried chicken or barbecued ribs. Instead, go for tuna casseroles, lots of high-fiber pasta, or other high-fiber foods. Do whatever your doctor tells you to do to

continued on following page

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Artistry in silver and gold...

THE AUTUMN BLUE JAY PENDANT

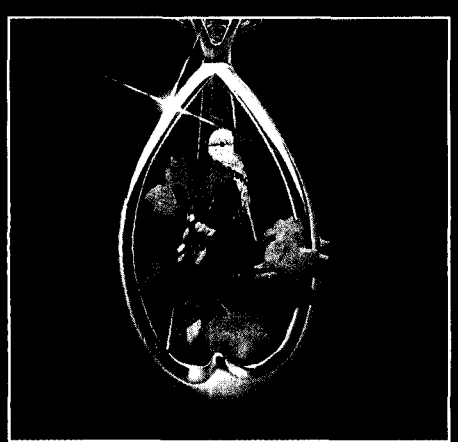


Shown actual size.

Beautifully crafted of solid sterling silver, finished in 18kt gold and hand-enameled.

Autumn...that secret path in the woods... where the two of you walked, holding hands beneath a canvas of crimson and gold.

Now you can cherish these memories forever. The romantic moods of autumn have been captured in an exciting new art form, a pendant unlike any you've ever seen—Autumn Blue Jay sculpted by renowned designer Robert Olszewski of Goebel Miniatures.



Precious metals and delicate hand-enamel.

Each "Autumn Blue Jay Pendant" will be hand-cast in solid sterling silver. The frame and accompanying 18" sterling silver chain will be plated with precious 18kt gold, and the handsome blue jay and delicate maple leaves will be hand-enameled in lovely fall colors.

Your pendant will be sent in a velvet presentation box and accompanied by a Certificate of Authenticity attesting to its exclusive design and handcraftsmanship.

As a registered owner of "The Autumn Blue Jay Pendant" you will have the privilege (but not the obligation) of acquiring the three remaining pendants in the *Four Seasons of Love* collection . . . graceful birds in traditional seasonal settings, a year-round tribute to the timelessness of romance.

Convenient monthly payments.

"The Autumn Blue Jay Pendant" is available exclusively from the Danbury Mint at the original issue price of just $90 – payable in four convenient monthly installments of $22.50. It will not be available in stores or galleries. *You need send no money now;* simply return the Reservation Application. Act today to avoid disappointment.

c DM

RESERVATION APPLICATION

The Danbury Mint
47 Richards Avenue
Norwalk, Conn. 06857

Please return promptly.

Please accept my reservation for "The Autumn Blue Jay Pendant," crafted of solid sterling silver, plated in 18kt gold and hand-enameled, along with an 18" gold-plated sterling silver chain.

I need send no money now. I will pay for the pendant in four monthly installments of $22.50 each, the first before shipment. If I am not satisfied, I may return my pendant within thirty days for a replacement or refund. This order may be canceled by either party at any time.

Name _____
PLEASE PRINT CLEARLY

Address _____

City _____

State _____ Zip _____

☐ Check here if you want each monthly installment charged to your:
☐ VISA ☐ MasterCard

Credit Card No. _____ Expiration Date _____

Signature _____

Allow 8 to 12 weeks after initial payment for shipment.

N-2

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

avoid a gallstone attack and surgery. If you already have stones that concern you, ask your doctor if you can just wait for the lithotripter.

We hope gall-bladder removal will become passé as quickly as kidney-stone surgeries did. Wouldn't it be great if surgeons could instead devote their time to saving lives by doing organ transplants for those who need them?

Please write to us if you wish to receive the latest information we have on gallstone removal with lithotripsy or reprints of our articles about kidney stone lithotripsy. Send your inquiry to Lithotripsy, 1100 Waterway Blvd., Indianapolis, IN 46202.

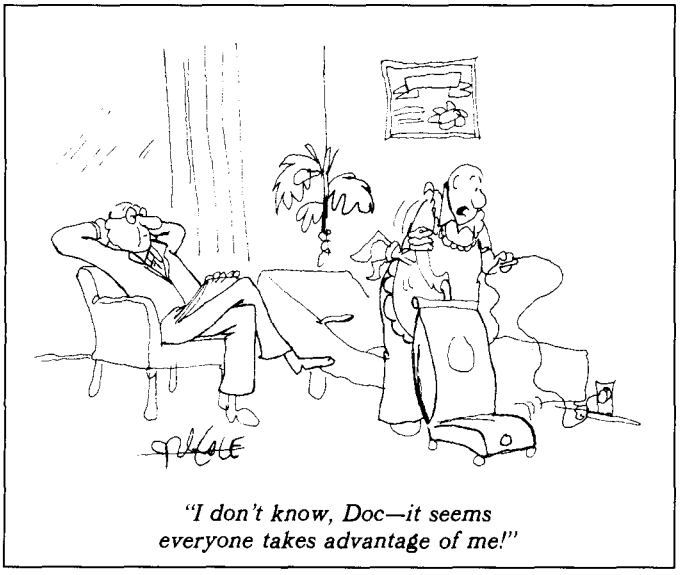
New Life with a New Lung

Dear Dr. SerVaas:

We have been wanting to write to you for some time to thank you for writing the article about Dr. Joel Cooper and the single-lung transplants in Toronto, Canada. Because of you, my husband is alive today after getting a single-lung transplant February 6, 1986.

It was a "miracle" in the way that we heard about this, too. Our son Jeff works at the Mayo Clinic here in Rochester, Minnesota. He came home excitedly with the magazine that he found on his floor (by mistake). He took his break and was thumbing through this issue for two days before he finally saw your article. We did not subscribe to your magazine at that time (we do now and look forward to getting it), and we would never have known about Dr. Cooper because the clinic at that time was skeptical. Lung transplant was still very experimental, and my husband's doctor wouldn't have recommended it. The magazine was supposed to have been delivered to another floor at the Mayo Clinic but somehow ended up where our son saw it! When Duane showed it to his doctor, he said, yes, he had heard about it but wouldn't have suggested it. My husband at that time was told he only had about one year to live.

Because he had a strong will to live and a family of seven children and seven grandchildren, he was ready to try this if given a chance. We went to Toronto for the first time in August 1985 for 2½ weeks of exhaustive tests. He was not accepted for a transplant then. He was put on hold. However, in October 1985 he had slipped quite a lot, and on November 6 we headed back to Toronto. When he finally got the transplant on February 6, 1986, he had only two months left.



"I don't know, Doc—it seems everyone takes advantage of me!"

(Left) Duane Lewis on oxygen before transplant. (Right) Duane and Mrs. Lewis go dining after his lung transplant at Toronto General Hospital. If you are considering a lung transplant, call them between 9 a.m. and 9 p.m. Central time at (507) 288-8219.

We have met Tom Hall and his wife, Barbara; Monica (see May/June '85 *SatEvePost*); and John Horvath from Miami, Florida, who got his transplant on October 31, 1985. (They are now doing two lungs without the heart!) You form a bond with those who have the same problems. The University of Minnesota has announced they will be doing the single-lung transplants this year, and we have heard from three people in Chicago who are now waiting there. We have been in contact with them and were told that Northwestern Memorial in Chicago has the funding to do six single-lung transplants this year! We have encouraged them and assured them it is all worthwhile. One was a 62-year-old man with pulmonary fibrosis who was turned down in Toronto because of his age. It is devastating to be told there is no hope for you. We told him to contact Northwestern Memorial. Today a 65-year-old man from Green Bay, Wisconsin, called us. He has emphysema. We don't know if he would be a candidate. Maybe in the future. We want to give them some hope. As you know, the need for organ donors is great! Without the donors, the surgeons cannot perform "miracles."

My husband was not a smoker. We don't know what caused the fibrosis, but as a child he had chronic bronchitis every year. He was in perfect health until he became short of breath a few years ago. We even joined a health club so he could swim, etc.

You will never know how many lives you touched with that article! And now my husband and all the people who will be getting lung

continued on page 106

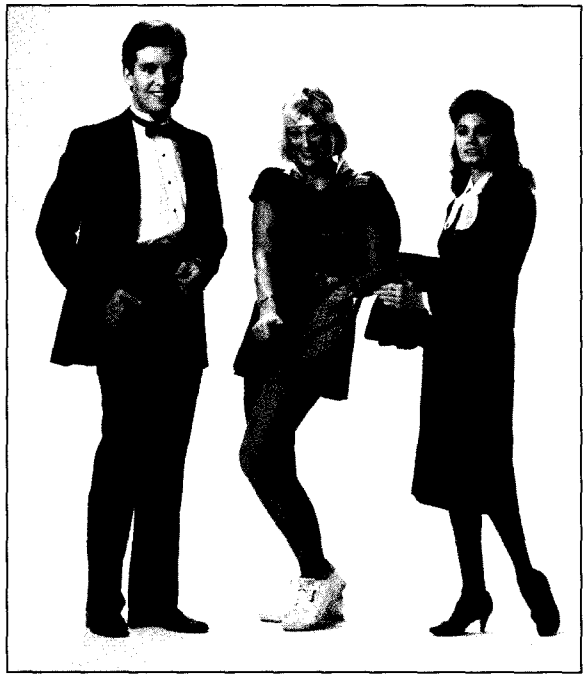
Nearly four years after his new lung, Tom Hall is now a volunteer at the Toronto Lung Association. He talks to anxious potential lung-transplant patients before surgery. He'll be glad to answer questions at (416) 677-5000, 9 a.m. to 5 p.m. Eastern time, or at (416) 621-0191, 5 p.m. to 10 p.m.

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Europe's Leading Answer to Lower Back Pain Is Now Available in the U.S.

The Dr. Gibaud Supportflex Belt is clinically proven and comfortable enough to wear as often as you need it.

Even your normal daily activities can result in uncomfortable aching and discomfort in your lower back. If you've been looking for a practical, effective way to ease lower back stress and pain, join the thousands of men, women and children who depend on the Dr. Gibaud Supportflex Belt for relief. These belts are carefully crafted in France from the highest quality materials and are designed to move with you comfortably under your clothing, without rolling, pinching, or binding. Enjoy the therapeutic effects of this clinically proven belt at work, at home or during any of your daily activities—even while sleeping.



Carefully designed to move with you, Dr. Gibaud allows you to enjoy your daily activities comfortably.

Developed by Dr. Gibaud for his patients suffering from lower back stress and pain.

For over fifty years, Dr. Gibaud's back belts have been a part of the European lifestyle, soothing chronic lower back pain and the discomfort brought on by arthritis, lumbago, osteoporosis and muscular strain.

The Dr. Gibaud Supportflex Belt encircles the abdomen and lower back, providing support. Contracted muscles relax and pain is relieved due to the improved blood circulation brought on by natural heat retention. You will enjoy the pleasing feel of this belt, made of a machine washable, whisper-soft blend of 69% natural merino wool, 22% cotton and 9% elastic for support. Your skin remains dry as any moisture build-up is carried away from your skin through the natural wicking properties of this extraordinary fabric, which also combats discomfort from damp or changing weather.

Money-back guarantee.

If, for any reason, you are not completely satisfied with your Dr. Gibaud Supportflex Belt, simply return it and we will promptly refund your money, excluding shipping and handling.

Mail to:

Armchair Shopper
P.O. Box 130
Indianapolis, Indiana 46206

SIZE	QUANTITY
☐ Extra Petite (23½-27½)	_____
☐ Petite (27½-31½)	_____
☐ Small (31½-35½)	_____
☐ Medium (35½-39½)	_____
☐ Large (39½-43½)	_____
☐ Extra Large (43½-51)	_____

Total order @ $28.95 ea. $_____
Add $2.50 shipping & handling.

Please check size and fill in number of belts you wish to order. IMPORTANT SIZING NOTE: If your **waist measurement** falls between two sizes, order the larger size to ensure proper fit. For example, if you measure 27½", order a Petite. ($28.95 each.)

PLEASE PRINT CLEARLY

Name _____

Address _____

City _____ State _____ Zip _____

Telephone _____

☐ Check or money order enclosed, payable to: Armchair Shopper

☐ VISA ☐ MasterCard

Card No. _____ Exp. Date _____

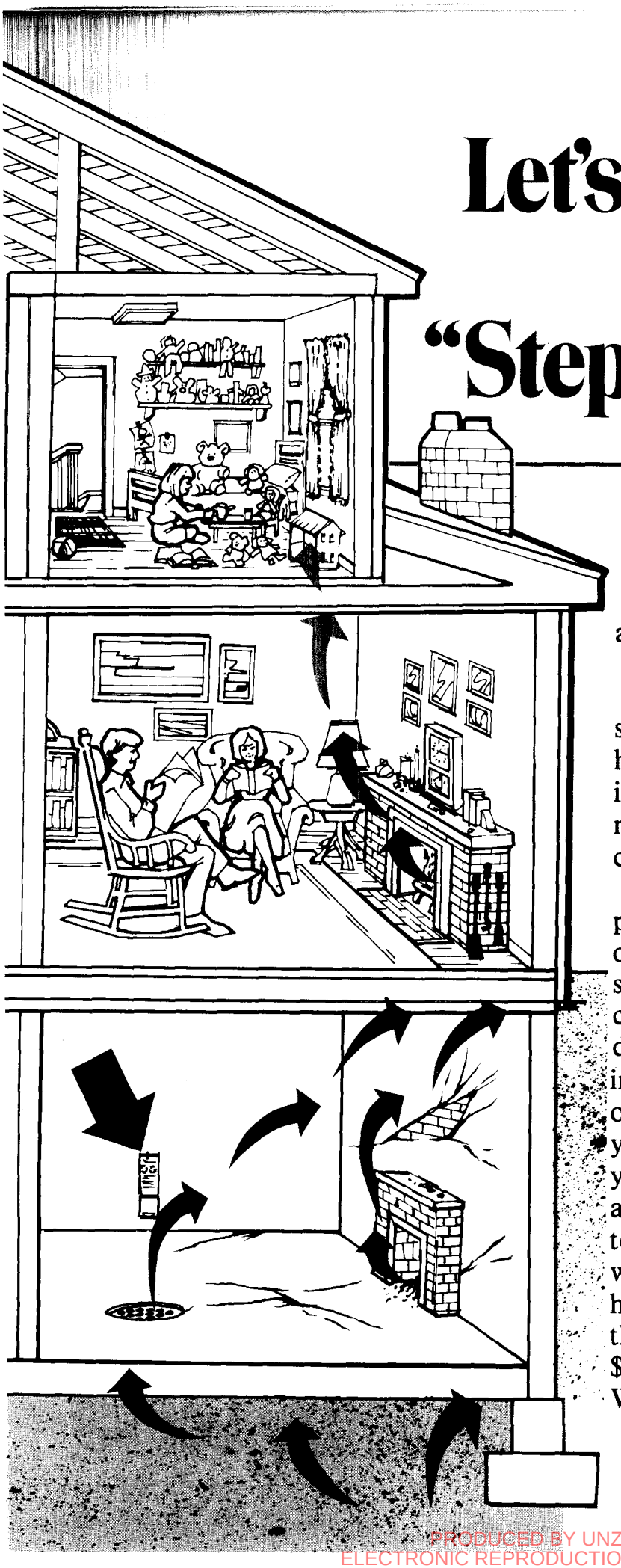
SIGNATURE REQUIRED _____

FOR FASTER SERVICE, CREDIT CARD USERS CALL
317-634-1100 Ext. 291

Please allow 4 weeks for delivery. U.S. currency only. Sorry, we cannot deliver orders outside the continental U.S. Your satisfaction is guaranteed or your money will be promptly refunded.

Dr. GIBAUD®
INELCO

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED



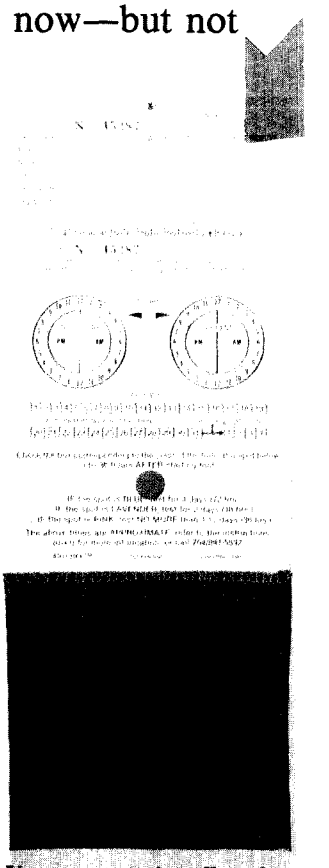
Let's Be Partners and "Step On The Gas"

Radon gas sneaks into a house as quietly as a ghost in stocking feet. It's invisible, colorless, tasteless, and potentially lethal.

Not to worry?

That's what *you* think! This undesirable guest may be invading your house undetected right now—but not if the Saturday Evening Post Society can help it!

With your support, we will show our appreciation by sending you a charcoal-activated radon detection kit. Rivaling the importance of smoke alarms in your house (we *hope* you have smoke alarms), this large, tea-bag-like detector will be left in your house for three days, then mailed off (with $8.95) for analysis. Within 24 hours, you will have the results—and can



Your easy-to-install radon detector hangs on the wall two to three inches above your basement floor.

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

just possibly to save thousands of nonsmokers from cancer.

either breathe easy, knowing the radon level is not threatening, or seek guidance from your local environmental agency or public-health department if the level is high.

You say there's no way radon gas can enter your house? Did you know that this stealthy invader, believed to cause 5,000 to 20,000 deaths from lung cancer in our country each year, slips into a house primarily from soil and rocks? That it can seep in through cracks in concrete floors and walls, floor drains, sumps, joints, and tiny pores in hollow-block walls? This means unless your house happens to be suspended from a helicopter, you may have trouble. . .right there in River City.

Should your house test negative—meaning "no problem," which we certainly hope it will—don't feel that your contribution has been in vain. In addition to helping our comprehensive testing program locate radon-gas problem areas, you'll also be contributing to your Society's "search for the causes of cancer" research projects.

Radon gas or no radon gas—only a detection kit will tell. You can't smell it, see it, or taste it. So. . .don't take chances. Mail your contribution in any amount *today*—and your detection kit will be on its way.

The Saturday Evening Post Society

P.O. Box 567 • Indianapolis, IN • 46206

Yes, I want to test my home for radon-gas contamination. Please send the Society's testing kit. I am enclosing a tax-deductible contribution to help pay for medical research.

My donation: $5_____ $10_____ $15_____ Other_____

☐ **Check or money order is enclosed. Charge to: ☐VISA ☐ MasterCard**

Card no. _____ Exp. date_____

Signature _____

Name_____

Address_____

City _____ State_____ Zip_____

Allow up to 4 weeks for delivery. © SEP 1987 337000

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

transplants in the future—we all owe you a great deal!

A lady from Northfield, Minnesota, has the same fibrosis and never knew anyone else with this affliction. We have since become good friends, and she is going to Toronto soon. We also met a lady from Indianapolis who came to the Mayo Clinic for a second opinion, went to Toronto for an evaluation, but developed pneumonia and other complications and died before getting accepted into their program. So we have to let people know they can't wait too long.

So again, many THANKS to you for saving my husband's life! And hopefully now we can save many more lives. We have talked to at least ten people already, and I'm sure we'll talk to many more as time goes on. If my husband can be an inspiration to others, we want to get involved and do everything possible. Duane is on a medical leave from IBM and needs something to do. Please feel free to call upon us if you have any questions or if you know anything we can do. (507-288-8219)

Jeanette and Duane Lewis
Rochester, Minnesota

Pray for AIDS Victim

Dear Dr. SerVaas:

Two months ago I learned my son has AIDS.

We are so desperate in finding help—we feel so helpless. All I'm asking is that you give us some direction. I know, from being a longtime reader of the *Post*, that there is research being done in the areas of nutrition, lysine, etc. We just need to know the name or names of doctors you could recommend who would be willing to see and work with my son.

I realize how very busy you all are with a readership in the millions and many people writing for information and help, but I am pleading with you to please take just a few minutes and give us some direction. I'll do anything—will gladly drive him to Indiana or anyplace to see a doctor who may be able to help.

I believe with all my heart in a God Who is all-powerful. He is able, and I am praying that through some of the research being done my son can be helped—at least that the virus can be arrested until a cure is found.

The *Post* is such a wonderful magazine—one that is good, clean reading, and a magazine with articles you can believe and trust to be true. I appreciate that and thank you so much for the excellent magazine it is.

Anonymous
Michigan

We too are helpless, but not hopeless, about AIDS. Since publishing our article, "Did This Doctor Cure His AIDS?" (Oct. '86) we have heard from a second doctor who has been in a long remission from AIDS after suffering from pneumocystis pneumonia. Of course, we all hope it is a permanent remission. The second doctor's case history is surprisingly similar to that of the first. We have written up both case histories, without divulging their names, and we are sending this material along with their treatment protocols to some 600 persons who have called the *Post* for information on AIDS.

"No, ma'am, labor-inducing drugs will not make your husband get a job."

Dental Chair Becomes Hot Seat

Dear Dr. SerVaas:

Last year I had a crown put on a tooth. When the dentist gave me the anesthetic, he walked out. My body got very hot—my hands and feet felt on fire. My heart pounded so hard my whole body shook.

When he returned I mumbled (with numb mouth), "I had a terrible reaction." He said, "Oh." I bleed easily and the impression didn't work. The anesthesia wore off. He gave me another shot and walked out. The reaction was worse. The room got dark around the edge. I started crying. When he came back, he told me I was a big baby. (I'm 47 and have 5 kids and have never cried or been so scared at a dentist's before.)

When I left, I said I didn't understand the reaction, for I'd never had a reaction to Novocaine before. (Like most people, I thought dentists used Novocaine.) He said Novocaine was passé. He used Xylocaine, which was much better. I said, "Well, *don't* use it again on me—I had a terrible reaction." He promptly told me it was all in my head. I said I didn't care. Get Novocaine and don't use Xylocaine.

Two weeks later I went back to get the crown put on. I said, "Now remember, no Xylocaine." He used it again. This time was even worse. The entire room got black. I was shaking violently and felt my whole body was on fire. He walked out as soon as he gave the shot. We had a big verbal fight afterward. I have never been back.

I read about malignant hyperthermia. I have been to the other four dentists up here. None have heard of it. They all use Xylocaine or lidocaine. One dentist said if I get a reaction I should never use anything like it, but he doesn't know what to use.

How do I get in touch with the Malignant Hyperthermia Association? I need two more crowns—my teeth have cracked and I can't chew on my left side. I am terrified of anesthesia now.

Johanna Olson
Crestline, California

Thank you for writing to us about your experience with dental anesthesia. We are sending your letter to the Malignant Hyperthermia Association for their information. Some researchers have written that procaine (Novocaine) is associated with the onset of malignant hyperthermia but that lidocaine (Xylocaine) is not. You might be helped by writing to the Malignant Hyperthermia Association, P.O. Box 3231, Darien, Connecticut 06820.

Out of Africa

continued from page 54

is also slated for a New York weekend with Diane Sawyer.

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

The Moores have good reason to wonder if Diane will recognize him. Not only has Nimit whipped through three school grades in only seven weeks, but he has already gained 40 pounds and grown a full six inches as well. The boy could speak "not a word" of English, his adoptive father says, "but he was sounding out words on the plane coming from Africa." Today, Moore says, Nimit speaks "almost flawless English."

As for Mohammed, he has now decided that he wants to join the "60 Minutes" team after finishing school. "You want to take my job?" Diane asked him. "No, by that time you'll be doing something else," he replied. So Diane agreed to be the target of a tryout interview and promised to answer any and all questions—until he began asking them, that is. His first question, "How old are you?" and the second, "Why aren't you married?" didn't score many points, his mother laughingly recalls.

The "60 Minutes" crew had returned to Indianapolis to record the placing of a fiberglass cast on Mohammed's right foot. This was after three months in his new home, and he had already grown two inches, gone through three clothing sizes, and gained 13 pounds (to a strapping 97).

All in all, it was quite enough to lend credence to the sign that Cheryl Carter-Shotts unfolded upon the arrival of her husband and their new son-to-be at the airport: "Welcome to America, Mohammed. You'll never be hungry again."

Catherine Marshall

continued from page 55

But the setback was only temporary. "A sense of adventure crept into the situation," Catherine recalled later. "It would be exciting to see how God would help me work out my problems."

It did not take long to happen. For years Catherine had kept a personal journal in hopes of becoming a writer. She put together a volume of her husband's sermons entitled *Mister Jones, Meet the Master* and without benefit of an agent sold it to a publisher. It became a best seller.

A biography of her husband, *A Man Called Peter*, followed; it became a national best seller in 1951 and a successful motion picture for Twentieth Century-Fox in 1955.

The fluency of Catherine's writing is best seen in *Christy*, a novel based on the early life of her mother when she was a teacher in the Great Smoky Mountains. The book has sold more than 8 million copies.

In 1959 Catherine married Leonard LeSourd, then the executive editor of *Guideposts*, an inspirational magazine published by Norman Vincent Peale. Two years later, she joined its staff as a roving editor, and for 22 years her meticulously crafted articles inspired the magazine's millions of readers.

Catherine's "so-called success," as she termed it, also brought her heavy responsibilities. One was answering scores of letters that poured into her office daily, most from people burdened with problems and seeking her advice. She did her best to answer each one. Touched by the great need,

LIMITED EDITION **U.S. Constitution Commemorative**

DIAMOND KNIFE Layered in Pure 24K Gold

Only $5? Unbelievable but true!

To celebrate the 200th anniversary of the creation of the greatest document ever produced by a nation to assure the freedom and liberty of all its people, the giant New York publicity firm of the Direct Connection will distribute a limited edition of the original U.S. Constitution Commemorative Knife for the astonishing "celebration price" of only $5 each only to those who write to the company address below before midnight May 31, 1987.

Genuine Diamonds and Pure Gold!

These knives are not copies. These are the original limited edition U.S. Constitution Commemorative Knives that have been carefully layered in pure 24K gold and hand-set with a genuine .25 point full 17 facet diamond (not just a diamond chip) — the same famous knives that have been widely publicized in leading media throughout this great country.

A True Collectors Edition

As befits a tribute of this magnitude, this knife will only be available in limited numbers until the end of this publicity campaign...at that time, the dies will be destroyed and the edition closed forever. Each knife you receive will be engraved with its own individual serial number, assuring you it is a part of this special celebration.

ATTENTION COLLECTORS! For the coveted low serial numbers, order quickly. Orders are processed on a first come, first served basis. There is a limit of two (2) knives per address at this price, but requests which are mailed early enough (before May 17) may request up to seven.

No dealers please. These famous U.S. Constitution Commemorative Knives will not be sold at this price by the company in any store. To obtain one at this special Celebration Price, you must write to the company before midnight, May 31, 1987.

Acquisition Guaranteed

Collectors should know that each commemorative knife is covered by the company's standard acquisition guarantee. Should you ever wish to sell or redeem your knife, the company pledges to repurchase it from you anytime you wish for the full cash price you paid.

To obtain your U.S. Constitution Commemorative Knife, send your name and address along with $5 for each knife. Add just $2 shipping and handling no matter how many knives you are requesting. Allow up to 60 days for shipment. Mail to: **The Direct Connection, Dept. 2145, 37 W 26 Street, New York, NY 10010.**

Mail order tip of the month: *Mail order swindlers almost always use P.O. Boxes so its harder to find them. If you see a P.O. Box address in an ad, check out the company before ordering.*

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

in 1980 she founded "The Intercessors," a nonprofit ministry through which thousands of people across the United States pray for each other's needs. It continues today, and those wishing someone to pray especially for them need only write: The Intercessors, Breakthrough, Inc., P.O. Box 121, Lincoln, Virginia 22078.

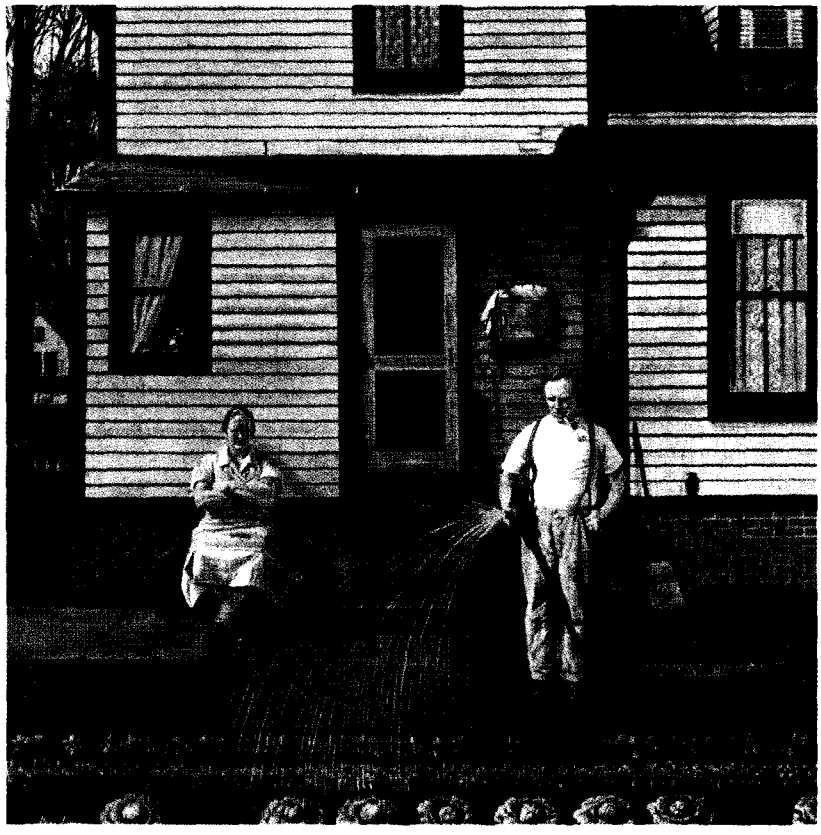
Despite her successes, tribulation continued to be a part of the author's life. Because of diminished lung power from an earlier illness, Catherine was forced to winter in Florida, though she spent summers at the family's Evergreen Farm in Lincoln, Virginia, where her 95-year-old mother still lives.

In 1982, Catherine's weakened lungs faltered, and on March 18, 1983, she died of heart failure at the age of 68.

In his introduction to *A Closer Walk,* based on Catherine's extensive personal journals, LeSourd has written: "During our 23 years of marriage, I did discover the secrets behind her extraordinary gifts of communication. There were two. One came out through the dedication she showed in rearing my three young children—despite lungs that never operated at more than 75 percent normal capacity. It emerged as she struggled for the precise descriptive phrase in her writing, as she sought the exactly right color for a living-room chair, as she searched for total perfection in stereo music. She tried to lift the sights of her family and friends by planting dreams in our hearts of achievements that appeared beyond us. This reach toward excellence was a part of everything she did."

No one would agree with Leonard LeSourd more than Diane Sawyer. About three years ago, Leonard and Catherine's son-in-law, Phil Lader, who was president of Winthrop College in Rock Hill, South Carolina, invited Diane to give a commencement address. The students heard what inspired Diane Sawyer in 1963 when she faced her own threshold of life.

"Dream big," she told the graduates, "dream big."



Can you name this picture?

. . . ***contest:*** $100 to the author of the winning caption for this picture. Your entry can be a "one-liner" or up to five lines of limerick. Please send entry on a postcard. *No* self-addressed, stamped envelope is needed. We will also award $100 to the photographer whose submitted photo is published in next month's contest. 8″ x 10″ photos are preferred, along with a self-addressed, stamped envelope for possible photo return. Send all entries to: Photo Contest, *SatEvePost*, 1100 Waterway Blvd., Indianapolis, IN 46202. All eligible caption entries must be postmarked by April 13, 1987.

Our congratulations and a check for $100 go to Rosemarie King, Indianapolis, Indiana, for the winning entry in our July/August 1986 caption contest.

A warrior bent on the grievous
Must be wary and daring and devious.
But when my arrow went "thwack,"
I was bundled and sacked
For being a little mis-chief-ous.

Something You Ate

continued from page 63

ed abroad. Typhoid fever used to kill about one-third of its victims, and even with today's antibiotics, it still does in about one in ten. Nontyphoid salmonella is usually a killer only when it invades the bloodstream and colonizes in the brain or other organs. The intestines try to keep this from happening: diarrhea, in fact, is an immune response to ingested pathogenic bacteria. It flushes out the salmonellae that permeate the protective mucous coating and attach themselves to the intestinal walls.

But flushing the system of salmonellae may not end the illness. Says

continued on following page

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

NEW *ANNOUNCING–A unique limited miniature edition of the*

United States of America American Eagle $50 Gold Coin!

ENLARGED TO SHOW DETAIL

100% GOLD–AT A GUARANTEED PRICE–$20

On October 20, 1986 the U.S. Mint announced the introduction of new American Eagle gold bullion coins, America's answer to the South African Krugerrand.

The largest of these new United States coins is the one-ounce $50 gold piece. As a legal tender coin, it can be redeemed or spent for this face amount at any time. However, few collectors will ever wish to do so since their gold content alone, at the present world price of over $400 per ounce, is worth about eight times the $50 face value.

Now Guaranteed Price! No Premium!

As an American citizen, you now have a limited time opportunity to own the world's first—100% solid pure gold miniature of the history-making American Eagle $50 gold coin.

Each gold piece miniature is individually minted from hand engraved dies on presses obtained from the United States Mint to capture the exquisite full three dimensional relief of the beautiful United States gold coin.

LIMITED TIME PRICE PROTECTION GUARANTEE

This 1986 first-edition non-legal tender miniature of the sold out United States Mint American Eagle $50 Gold Coin is being minted exclusively for The National Gold Mint Corporation at an American owned private mint. It is available only by ordering directly from the corporation's Washington address. Pieces are priced as low as $20 each.

No Premium Charge

There is no premium charge. In spite of the volatility of gold prices in the world market. Due to the rapid changes in the world price, *this protection can be extended only until April 30, 1987.*

An Heirloom You Will Wear With Pride

The American Eagle $50 Gold Coin Miniature (shown here actual size) makes a stunning necklace. It may be ordered, complete with a 16 inch 14 KT gold chain and clasp mounted in a solid 14 KT Gold Frame for a savings of $10.

NECKLACE

Wear Your Miniature Gold Piece (shown here actual size. 8mm diameter) in a Solid 14 KT Gold Frame and Chain SAVE $10.

© 1987, The National Gold Mint Corporation, private DE company.

CALL TOLL FREE

For Faster service, order by telephone and charge your order to your MasterCard, Visa, or American Express card.

1-800-631-5500 (Or 1-800-351-1072)

Satisfaction Guaranteed

Your satisfaction is unconditionally guaranteed. If for any reason, you are not pleased, you may return your Gold Miniatures within 30 days for full refund.

Place your order now to add a Solid Gold asset to your own estate and to create a priceless heirloom your children and grandchildren will cherish.

Historic Heirloom Memento for U.S. Citizens

This offer is open only to U.S. citizens and may be withdrawn at any time. There is a strict limit of 10 Gold Miniatures per order.

Guaranteed and Certified Pure Gold

Each Gold piece is guaranteed and certified to be struck in Pure Solid 24 KT gold, the richest grade of gold. Each will be clearly marked to indicate the purity of its gold content and Mint. Each will be presented in an especially designed case and accompanied by a numbered certificate of authenticity attesting to its 1986 first edition status. Order today.

Comes mounted on Handsome Display Stand

PRIORITY ORDER FORM DS-02

MAIL TO:

The National Gold Mint Corporation

655 15th Street, N.W. • 320 Washington, D.C. 20005

Please send me the American Eagle Gold $50 Miniatures of 24KT solid gold as specified below, backed by your 30-day money-back guarantee.

____ Solid Gold American Eagle Miniature(s) at $25 each, plus $1 p. and h.

☐ 5-Solid Gold American Eagle Miniatures at $22 each, plus $1 each p. and h. **(SAVE $15.00)**

☐ 10-Solid Gold American Eagle Miniatures at $20 ea., plus $1 each p. and h. **(SAVE $50.00)**

____ *NECKLACE(S) Solid Gold American Eagle Miniature with 14KT Gold frame and 16* inch Gold chain at $55, plus $3 p. and h. **(SAVE $10.00)**

____ FRAMED Solid 24KT Gold American Eagle Miniatures in 14KT Gold Frame at $40 each plus $1 each p. and h.

____ CHAIN Sixteen inch 14KT Gold Chain(s) at $25 each plus $1 each p. and h.

☐ I enclose Check or M.O. of $_____.

☐ Charge to my: ☐ MasterCard ☐ Visa ☐ American Express.

Card # _____ Exp. _____

Signature _____

(Charge orders must be signed to be valid.)

Telephone # _____

Name _____

Address _____

City, State, Zip _____

(FOREIGN ORDERS CANNOT BE ACCEPTED.)

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Doug Archer, director of the division of microbiology at the FDA: "Between 2 and 3 percent of salmonellosis sufferers are going to find out weeks later that they have reactive arthritis, which may be contracted because a component of the bacterium somehow fools the immune systems of people who have a certain gene—HLA-B27. Ten percent of the U.S. population have this gene." That means if 4 million people had salmonellosis last year, 120,000 of them will develop chronic arthritis as a result.

A smaller number of salmonella victims—perhaps only one in 10,000—experience septic arthritis, a painful condition in which the bacteria invade the joints. Still others may suffer postinfection Reiter's syndrome, characterized by inflammation of the urethra, eyes, and joints.

Although farmers and people who process food are well aware of the dangers of salmonella, they're sometimes helpless to prevent its spread. Tauxe and Mitchell Cohen, a CDC colleague, have reported that a growing number of antibiotic-resistant salmonellae are being passed from animals to man via food, because the animals are fed antibiotics that eliminate sensitive strains and lead to the development of resistant ones. As if all this weren't enough, sloppy housekeeping and food handling is abetting the increase in salmonella infections—especially in the home.

"It's easy to blame restaurants," says Georgia Stevens Neruda, a U.S. Department of Agriculture food-safety expert and a home economist. "But when it comes to food poisoning, we usually do ourselves in at home."

Despite its name, this thing that's waiting to ambush us in our kitchens has nothing to do with salmon. It was named for an American veterinarian, Daniel Salmon, who isolated it in 1886. Salmonella is a general term applied to a group of about 2,000 closely related bacteria. Each salmonella serotype—a subgroup sharing antigens—has its own name. The serotypes that most often made people sick in 1985 were *S. typhimurium,* which accounted for 49.7 percent of reported cases, followed by *S. enteritidis* (10 percent), *S. heidelberg* (9 percent), *S. newport* (4.3 percent), and *S. hadar* and *S. agona* (2 percent each). In the 25 years the CDC has been keeping track of serotypes, it has isolated close to 500 kinds of salmonella in humans.

Some serotypes prefer different species of animals as hosts, but they're all spread in essentially the same manner. Since salmonella bacteria are shed alive and well in the feces of most animals, and since they're so tough they can withstand very hot and freezing weather, rain, and drought, they're found wherever food animals live. The animals pick up the salmonellae from the soil or even from contaminated processed feed. Once consumed, the bacteria live in the animals' intestines, where, depending on their serotype and number, they may or may not make the host sick. Then, during slaughtering and processing, minute numbers of the salmonellae can lead to contamination of food products. That's why the bacteria are found on or in raw meats, poultry, eggs, milk, fish, and shellfish. They're also carried by pets, especially birds, fish, dogs, cats, and turtles. In fact, the CDC determined that 14 percent of all salmonellosis cases in 1971 had been caused by pet turtles, which is why little turtles aren't sold in five-and-ten-cent stores any more.

Some serotypes are geographically specific—or were, until we started shipping them all over the global village. Because of this specificity, salmonella makes for "fascinating epidemiological studies," says Tauxe, who then cites a prime example of microbial detective work at its best:

In the winter of 1973-74, a strain of salmonella struck 80 people living in different areas of the country. The source was discovered to be foil-wrapped, chocolate Christmas balls. The chocolates were tracked to a Canadian processor, and the bacteria, *S. eastbourne*, were traced to the cocoa beans used in manufacturing the candy. The beans were believed to have come from Ghana, where *S. eastbourne* has been isolated, and the bacteria weren't in the beans, but *on* them. There's speculation that the beans had been contaminated by gull feces while sitting on a dock in Africa.

(continued next issue)

Photo & Illustration Credits

Page 14 (clockwise from top left), Gail Harvey/Outline, J. Varriale/Outline, Bill Nation/Sygma, courtesy of Centers for Disease Control, Domino's Pizza, Inc.; 17, Campbell Soup Company; 20, California Artichoke Advisory Board/Pacific Kitchens; 22, reprinted from *Simply Elegant Entertaining Ideas* from Lindsay® Olives of Lindsay International, Inc. © 1985 Meredith Corporation. All rights reserved; 24, 25, courtesy of Pecan Growers Association; 26, Chuck Untersee; 28, reprinted from *The Saturday Evening Post* © 1923. CPC; 30, (bottom) Honeywell, Inc., (top) Dexter Lock; 32, reprinted from *The Saturday Evening Post* © 1959; 48, 49, Larry Pierce/The *Charleston Gazette*; 50, 51 (bottom left & center), CBS Network; 51, (top right) Avon Books, (bottom right) AP/Wide World Photos; 52, 53, (bottom), Tobias & Associates Photographers; 53 (top), courtesy of Mr. and Mrs. Raymond Moore; 54, AP/Wide World Photo; 55, *Guideposts* magazine; 56, the Darkroom; 57, Focus on Sports; 58, 59, Jim Ziv/Northwestern University; 60, 61, Simon and Schuster; 64, CBS photos; 65, (top) NBC photo, (bottom) ABC photo; 68, reprinted from *The Saturday Evening Post* © 1953. CPC; 69, courtesy of Dr. Anderson; 70, reprinted from *The Saturday Evening Post* © 1935. CPC; 82, (top left & bottom right) M. Timothy O'Keefe; 82 (bottom left), 83, Bermuda Dept. of Tourism; 84, 85, Erik Neumann/U.S. National Arboretum; 86, Carolyn Hughes Crowley; 96, reprinted from *The Saturday Evening Post* © 1961. CPC; 98, courtesy of Priscilla Davis; 100, reprinted from *Gastrointestinal Disease* Third Edition, Chapter 84, published by W.B. Saunders Company © 1983; 102, (top) courtesy of Duane Lewis, (bottom) Maryann Donohue/Gamma-Liaison; 108, reprinted from *The Saturday Evening Post*, (top) © 1951. CPC, (bottom) © 1956. CPC.

Text Credits

Page 17, Island Barley Salad with Shrimp and Scallops, Spicy Bulgur and Tofu Salad, Chicken Rice Salad with Creamy Chutney Dressing, Oriental Black Bean and Orzo Salad recipes courtesy Campbell Soup Company; 20, Pasta with Sautéed Artichokes recipe courtesy Pacific Kitchens, Chicken Paella recipe courtesy Lindsay® Olives™; 32, 42, reprinted from *The Saturday Evening Post*, © 1959 (32), 1945 (42). The Curtis Publishing Company; 50, reprinted with permission from *Guideposts* magazine, © 1986. Guideposts Associates, Inc., Carmel, NY 10512; 56, originally appeared in part in the *Journal of the American Medical Association*, January 23-30, 1987, © 1987. The American Medical Association; 60, from *PAT NIXON: The Untold Story* by Julie Nixon Eisenhower, © 1987. Juldee, Inc., a Delaware Corporation. Reprinted by permission of Simon and Schuster; 62, reprinted from *Discover* magazine, February 1987, by permission of Penny Ward Moser; 64, reprinted from *Sky* magazine, © 1987. Halsey Publishing Company, all rights reserved; 66, reprinted by arrangement with G.P. Putnam's Sons from *Word for Word* by Andrew A. Rooney, © 1984, 1985, 1986. Essay Productions.

WHERE DO YOU THINK YOU ARE?

(Answers from page 90)

1. New Jersey
2. Minnesota
3. Pennsylvania
4. Louisiana
5. Missouri
6. North Dakota
7. Missouri
8. Wisconsin
9. Illinois

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

HI, I'M THE NEW TALKING TEDDY BEAR AND I CAN SAY ANYTHING YOU CAN!

Special Offer From One Of America's Largest Sellers Of Children's Toys.

only

$9.95

It's official! TALKING TEDDY BEARS sold by competitive companies are now out-selling Cabbage Patch Kids™, GoBots™, Care Bears™, and virtually every other leading children's toy in America.

Demand is so great that even models introduced more than one year ago still sell for up to $79.50 in stores. But newer—and completely different—models have now arrived. Are they better? If so, how *much* better?

Try Our New Talking Teddy And See—For Only $9.95

The first TALKING TEDDYS were introduced over a year ago. Kids *loved* them. So did we—even though they were made by our biggest competitors. Unfortunately, these early-model TEDDYS couldn't talk *unless you filled them with pre-recorded tape cassettes.* So their "conversation" was strictly limited to those "pre-recorded" cassettes.

Our New Teddys Don't Need Cassettes—They Can Say *Anything!*

Our "new generation" TALKING TEDDYS don't need cassettes—their electronic speech-system is *built-in!* And they're not restricted to "pre-recorded" messages—they can say *anything* ... even your child's favorite bedtime prayer!

Why pay up to $79.50 for "last-year's" TALKING TEDDY from some other company? During our Publicity Campaign, we'll give you our different new 1987 model for only $9.95 plus shipping. (Batteries not included.) There is nothing else to pay and no further obligation except this: *Please tell all your friends about our wonderful new TALKING TEDDY.* That's what our Publicity Campaign is all about.

Why Are Our New 1987 TALKING TEDDYS So Wonderful?

Our new 1987 models talk just like real people! And they are voice-activated—so when your child talks to TEDDY, TEDDY immediately talks back! And you don't have to buy cassettes to make them talk—their speech system is built-in. Unlike the older "pre-recorded" TEDDYS (which repeat the same message over and over), our new 1987 TALKING TEDDYS can say any new word or sound you desire! Anything your child can say, TALKING TEDDY can say, too. That's why these cuddly TEDDYS are such good pals, and such good teachers! You can make TALKING TEDDY spell, count, sing songs, even tell funny stories—phrase by hilarious phrase—that will make your child laugh with delight. You can even make TALKING TEDDY speak French—or recite your child's favorite bedtime prayer at night! No wonder it is expected to be our fastest-selling (and probably most expensive) new children's toy of 1987. Don't miss this chance to practically "steal" one for just $9.95 during our Publicity Campaign. Act now.

Not Sold At This Price By The Company In Any Store

These foot-tall electronic TALKING TEDDYS are the *same ones* currently being nationally advertised in leading media by us as one of America's largest sellers of children's toys. They will *not* be sold at this or any other price by the company in any store. NOTE: There is a limit of two (2) per address at this price. But if your request is mailed early enough (before June 17) you may order up to 5. Each TEDDY is protected by the company's full one-year money-back guarantee.

To order, send your name and address with $9.95 for each TALKING TEDDY. Enclose this *original* publicity ad with your request (no copies or photostats). Add $3 shipping per TEDDY. (New York residents add sales tax.) Allow up to 6-8 weeks for shipment. *Make check payable to RBM, Ltd.* Mail to: **RBM, 1987 TALKING TEDDY OFFER, Dept. 150-127, Box 1789, Hicksville, N.Y. 11802** **(R45280)**

©1987 RBM Ltd., 1200 Shames Drive, Westbury, N.Y. 11590

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

MONEY TALK

COPING WITH THE NEW TAX LAW

by Kenneth J. Artis

Under the old tax law, nearly every taxpayer had at least an idea what the income-tax law said. Taxpayers collected receipts so they could deduct state sales taxes. They became "experts" in tax shelters, and they didn't worry about some expenses or losses, because the government was paying for them. The system was not always seen as logical or fair—but it was The System, and people made their plans accordingly.

Well, a new income-tax law is in place, and the basics have changed substantially. Given that no one really has any experience with the new tax code, how can an individual best adapt to it?

The first step, says Thomas L. Drake, a tax partner with Arthur Andersen & Co., a leading accounting firm, is to become acquainted with the tax laws. Read about them, attend seminars, ask questions.

"Some taxpayers are having a difficult time adjusting to the fact that there are now three types of income: one, active; two, portfolio; and three, passive," Drake says. "Active income includes wages and commissions, the sort of things that are part of W-2 reporting. Portfolio income is just what it sounds like—income from stocks and bonds. Passive income, income from investments such as real estate or limited partnerships, is giving taxpayers a lot of trouble conceptually because they were accustomed to taking the losses from such investments and applying them to their overall income." This practice was the meaning of the so-called "tax shelter."

The benefits of the money-losing tax shelter will be phased out over the next four years. The investor with substantial losses that can no longer be offset by active income will be out in the cold. But there is a way out. When the owner sells a losing tax shelter, the losses can be taken against active income—but only at the time the tax shelter generating unusable passive losses is sold. "There is another approach that does more good for the taxpayer who is contemplating an investment in real estate or limited partnerships," Drake says. "It is to avoid investments that do not make economic sense. If it doesn't make money, pass it up."

"Harold, you fool! Under the new tax law, that kind of loss isn't deductible any more!"

Another significant change wrought by the new tax law is the phase-out of the consumer credit deduction. Under the old law, 100 percent of the credit cost was deductible. Beginning in 1987, only 65 percent will be deductible; in 1988, the amount will drop to 40 percent; in 1989, 20 percent; in 1990, 10 percent; and there will be no deduction permitted in 1991. This phase-out is bound to have a dramatic impact on the way taxpayers will use consumer debt. However, no one is certain just what the overall effect will be.

The perceived demise of the Individual Retirement Account is one of the most common misunderstandings about the new tax law. The IRA is still with us, says James J. Laurion, a CPA and a partner in Morton, Nehls & Tierney, a major Wisconsin public accounting firm. The amount of the deduction, however, may vary from taxpayer to taxpayer; some will get the full benefit and others, less. "The important thing to remember," Laurion says, "is that regardless of the deduction available for the IRA contribution, it is still an excellent way to prepare for retirement, because the built-up interest and other gains in the IRA aren't taxed until they are drawn out."

Guidance and planning are definitely needed to help the individual taxpayer make the right decisions. Tax preparers will tell you they know what they are doing, but judging whether they actually do is partly a matter of intuition. Does the preparer strike you as thoroughly reliable? If you have a hunch that something doesn't ring true, you're probably right. Does the preparer take the time to delve into your particular situation? Are you being asked the questions that will not only help you fill out this year's form but also let you plan properly for the future? Do you understand what you are signing when you sign your income-tax form?

"If my client cannot understand his or her income-tax form, I have not done my job properly," Laurion says. "To have someone sign something that they do not comprehend is unethical. And the best advice that I can give to a taxpayer is to never sign an income-tax return that he doesn't understand."

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

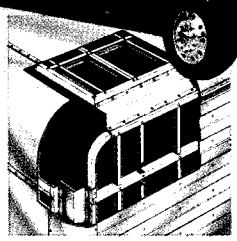
It doesn't matter where you're going... as long as you're going in a Barth.

No matter where a leisure trip may take you, chances are you'll spend most of your time just getting there and back. In a Barth Regency, you can be sure that it's time well spent.

Because Barth's design engineers have built in something extra to go along with our plush fabrics, lustrous wood finishes, and solid brass railings. It's a valuable commodity called space. And Barth gives you plenty of it.

After all, the Barth Regency is meant to be *lived* in. (This roominess is especially evident in our new International Design Series, with polished teak and unmatched amenities throughout.)

Outside, you'll find a new look to the Regency's front end. But some things are just too good to change, and our unitized all-aluminum frame is one of them. The riveted aircraft-style design and radius corner construction facilitate easier handling and a smoother, more economical ride.



If traveling means more to you than simply getting from here to there, make the trip in a Barth Regency.

Because nobody gets you where you're going better than Barth.

For more information, call us toll free: 1-800-348-5088. In Indiana, just call us collect: 0-219-658-9401.

Barth

Barth, Inc.
Milford, IN 46542

Barth Regency is available in 36, 38 and 40 foot models. Also available: Barth Regal in 22, 25, 28, and 31 foot models. Plus Special Edition models (both tandem and rear engine) available in 32 and 34 feet.

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

This Mother's Day
Send Your Love, Share Your Joy

DaySpring CARDS

"When You Want to Share Your Heart & God's Love"
Available at Christian Bookstores Everywhere

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED